

## HOT STONE MASSAGE AFTERCARE ADVICE

---

Thank you for choosing Natural Beauté.

To help you gain the maximum benefit from your treatment, please follow the guidance below.

### AFTERCARE

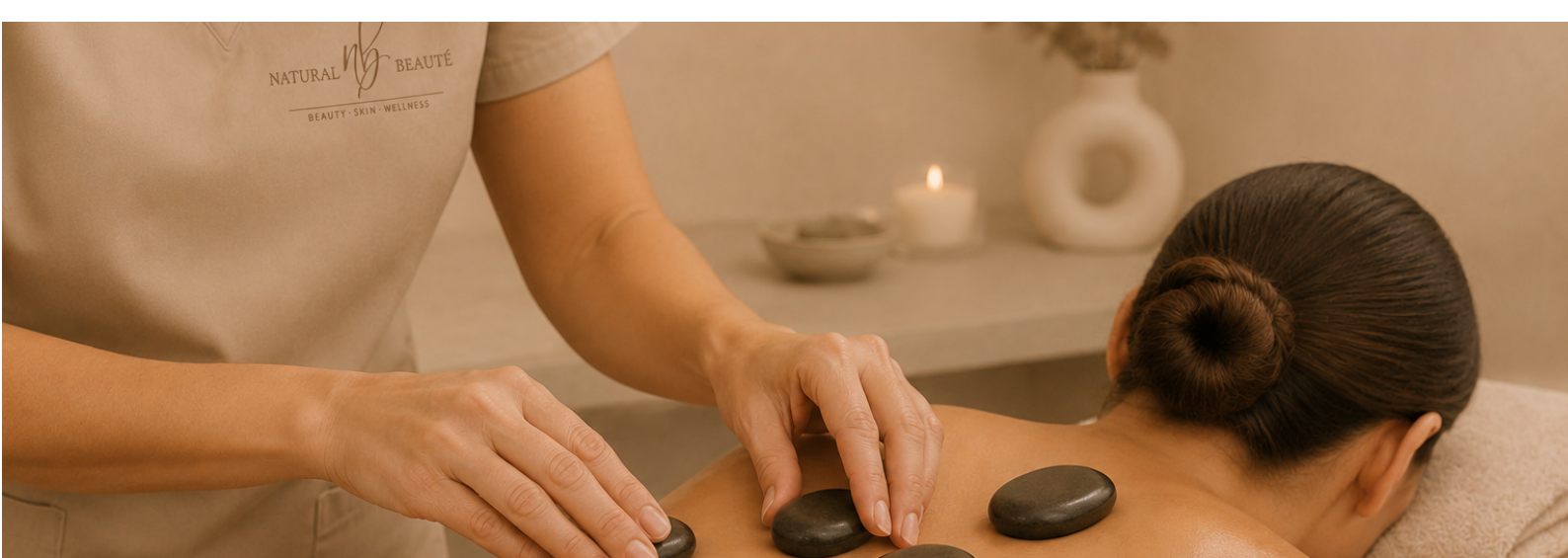
Following your Hot Stone Massage treatment:

- Drink plenty of water to help maintain hydration.
- Allow yourself time to rest and relax.
- Avoid alcohol for the remainder of the day where possible.
- Eat light, nutritious meals.
- Avoid strenuous exercise for the rest of the day.
- Avoid saunas, steam rooms, hot baths and other heat treatments for at least 24 hours.
- Take care when standing up following your treatment, particularly if you feel deeply relaxed or light-headed.
- Wear comfortable clothing and allow your body temperature to return to normal naturally.
- Continue any homecare advice recommended by your therapist.

### IMPORTANT INFORMATION

Following a Hot Stone Massage, some clients may experience:

- Mild muscle tenderness.
- Temporary tiredness or fatigue.
- Increased thirst.
- Temporary light-headedness.



- A feeling of warmth that may continue for several hours after treatment.
- Mild redness in areas where the stones were applied.

These responses are generally short-lived and should settle within 24–48 hours.

**If you experience severe discomfort, persistent redness, blistering, unexpected skin reactions, significant swelling, or have any concerns following your treatment, seek appropriate medical advice promptly.**

#### **BEFORE YOUR NEXT APPOINTMENT**

Please inform your therapist if:

- Your medical history has changed.
- You have started any new medication.
- You have experienced any adverse reaction since your previous treatment.
- You are pregnant or there has been a change in your pregnancy status.
- You have received any new medical diagnosis or treatment.

