

AFTERCARE

Following a massage or treatment please note the following....

NEXT 24 HOURS

to maximize the benefits of your treatments



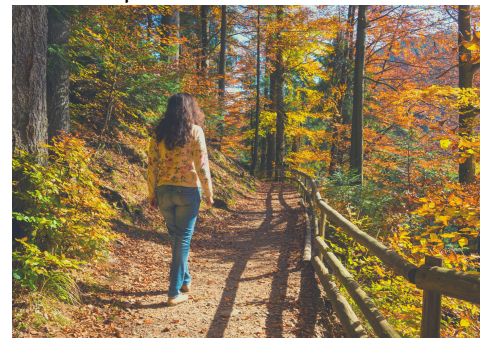
Massage aids the removal of toxins from the body. Drink plenty of water or herbal infusions to help flush these toxins out. This may result in more frequent trips to the toilet.

You may feel you have increased energy, improved mood, a feeling of relief from symptoms and sleep better

Relax or take a gentle walk, eat light and healthy to aid the body in removing the toxins

To maximise the effects of the massage oils refrain from having a shower or bath for as long as possible to allow the skin to absorb the oils.

Listen to your body, allow the release of emotions and let your body relax if it needs to.



Following facials and to continue supporting your skin drink 1-2 liters of water daily, cleanse tone and moisturise twice daily. Use sun protection daily and get fresh air.

TRY TO AVOID

Alcohol, caffeine, nicotine or other stimulants, adding toxins to your body following a treatment can leave you feeling lethargic or nauseous.

Avoid strenuous exercise and heavy meals to allow the blood to remain in the massaged areas.



BE AWARE

For some people 24 hours after massage the following may happen, these are normal and different for every person.



You may have headache, increased emotional state, fatigue or, change in sleep pattern. This is normal.

You may notice Erythema (localised redness) this is due to increased blood circulation.

Your body will be getting rid of toxins so you may need the toilet more often and have a slight upset stomach.

NEXT STEP

Book your next appointment before you leave. This way you will be benefiting your body, mind, emotional wellbeing and immune system by having regular treatments. You won't be tempted to put other needs first, you will have something to look forward to and remember you deserve it.



Remember a 60 minute massage each month costs less than a coffee or tea per day.



Lillyrose's Bump, Birth and Beyond Pregnancy Massage

A beautiful relaxing treatment for the mum to be from 12 weeks of pregnancy. Specially adjusted to support the changing body.

30, 45, 60 minutes
£20, £25, £30



Swedish massage

Swedish massage is good for pain management, decreased stress and depression, flexibility, overall energy, improved blood flow, and supports healthy immunity.

Choose between relaxing, deep, stimulating, reduced muscle tension, Full body, upper body, just back or problem area.

Following a full consultation all massages are tailored to you.

30, 45 or 60 minutes
£20, £25 or £30



Bespoke massage as unique as you are.

SO WHAT ARE YOU GOING TO CHOOSE?

I also offer child and teen massage and facials, baby massage, parent and child sessions, hot stone and bamboo separately, special combination offers. Just contact me for more details or check the website or socials.

Holistic Facials

At Lillyrose the holistic facial treatments use the luxurious Neal's Yard Remedies products. The products are carefully selected for your skin type to leave you with beautifully nourished skin. The face and neck massage will help in relieving eye strain, jaw aches, sin congestion, headaches and insomnia. Relieves stress and depression, removes toxins, increases cellular activity and improves skin texture.

The 30 minute facial includes double cleanse, tone, polish, face and neck massage ending with a moisturiser and spray, deep breaths and aroma inhalations. The 60 minute massage has the above plus, heated towel treatment, face mask and hot oils, and choice of additional scalp, arms or feet massage.

Following a full consultation all massages are tailored to you.

30 or 60 minutes
£25 or £35



Bespoke massage as unique as you are.



Lillyrose Sticks and Stones Massage

Lillyrose Sticks and stones is a magical combination of Swedish massage, mixed with the heat and depth of the basalt hot stones combined with the deep state of relaxation gained from the heated shoo sticks. This treatment will leave you truly relaxed and with the benefits of all three treatments.

Choose between relaxing, deep tissue, stimulating, reduced muscle tension, Full body, upper body, just back or problem area.

5 minutes upper body or 60 minute full body
£35 or £40



Bespoke massage as unique as you are.

Indian Head massage

Indian head massage is good for relieving eye strain, jaw aches, sinus congestion, headaches and insomnia. Relieves stress and depression, flexibility, overall energy, improved blood flow, and supports healthy immunity.

This is a seated massage with minimal or no undressing. The 60 minute option moves to the couch for a full cleanse and tone of the face using Neal's Yard products.

Following a full consultation all massages are tailored to you.

45 or 60 minutes
£30 or £35



Aromatherapy Massage

Following an in depth consultation prior to your treatment I will select and blend together essential oils and carrier oils to support your mental, emotional and physical well being. The blend is then used in a hands on massage using slower repetitive moves to allow the oils to soak into the skin on your body can then use them as it feels necessary.

Aromatherapy massage is not in replacement of medical advice or medication but an holistic approach to support your overall well being.

45 or 60 minutes
£35 or £40



Bespoke massage as unique as you are.

Lastly take care of yourself, get fresh air, exercise & swimming, yoga & pilates helps posture. Mindfulness, deep breathing, body brush and moisturise.