

Before Your Therapeutic Massage

To help you get the most from your treatment:

Drink plenty of water throughout the day.

Avoid heavy meals, caffeine and alcohol before your appointment.

Wear comfortable clothing.

Arrive a few minutes early to relax and discuss any concerns, injuries, or treatment goals.

Let your therapist know about any health conditions, medications, or areas of discomfort so your treatment can be tailored to your needs.

After Your Therapeutic Massage

Your body may continue to respond to the treatment for up to 24-72 hours afterwards.

Drink plenty of water to support hydration and the body's natural healing processes.

Take time to relax and avoid strenuous activity if possible.

Gentle stretching and light movement can help maintain the benefits of your treatment.

Some mild tenderness or fatigue may be experienced, particularly if areas of significant tension have been treated. This is a normal response and should settle within a day or two.

Pay attention to how your body feels and note any changes in symptoms, mobility, or wellbeing.

Giving yourself time to rest and hydrate after your massage can help maximise the benefits of your treatment and support your overall wellbeing.