

## AFTERCARE ADVICE



Drink plenty of water and stay hydrated.



caffeine for 12 h.



heavy meal.



Take time to relax or meditate.



Do not sit in the



Drink plenty of water and stay hydrated.



Avoid alcohol and caffeine for 12 h.



Heaverly Hards Mobile Massage

AFTERCARE ADVICE

heavy meal.



Take time to relax or meditate.



too cold.



sun (if oil has been used).

Don't do any

strenuous exercise



Do gentle stretches or yoga.



Take a warm bath but not hot water or too cold.



sun (if oil has been used).

strenuous exercise.

Drink plenty of water

and stay hydrated.

Don't do any

strenuous exercise

Don't do any

Do gentle stretches or yoga.

Heaverly Hards Mobile Massage

AFTERCARE ADVICE

Take a warm bath but not hot water or Do not sit in the

HEAVENLY HANDS MOBILE MASSAGE heavenly-hands-massage.com

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## AFTERCARE ADVICE



Drink plenty of water and stay hydrated.



Avoid alcohol and caffeine for 12 h.



Avoid eating a heavy meal.



Take time to relax



Take a warm bath but not hot water or



Do not sit in the sun (if oil has



Avoid alcohol and caffeine for 12 h.

Do gentle stretches

or yoga.



Avoid eating a heavy meal.



Take time to relax or meditate.



Take a warm bath but not hot water or too cold.



Do not sit in the sun (if oil has been used).





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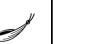
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Drink plenty of water and stay hydrated.

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Do not sit in the sun (if oil has been used).

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