

Heavenly Hands
Mobile Massage

AFTERCARE ADVICE



Drink plenty of water
and stay hydrated.



Avoid alcohol and
caffeine for 12 h.



Avoid eating a
heavy meal.



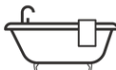
Take time to relax
or meditate.



Don't do any
strenuous exercise.



Do gentle stretches
or yoga.



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



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

HEAVENLY HANDS MOBILE MESSAGE |
heavenly-hands-massage.com

KAYHEAVENLYHANDS@GMAIL.COM

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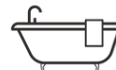
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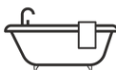
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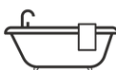
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