

**Simply Holistics**

**Aftercare Advice**

A Simply Holistics treatment encourages the body to relax, rebalance, and re-energise. So, allow yourself time to rest after your treatment for maximum effect.

Keep hydrated by drinking lots of water

Try to avoid eating a heavy meal.

Try to avoid any stimulants e.g. tea, coffee, alcohol for the rest of the day.

Avoid washing your hair straight after your treatment as the oil is an excellent conditioner. Ideally leave it on overnight, depending on the time of treatment. (specific for Indian Head Massage Treatments)

After your treatment you may experience

* A mild headache
* Tiredness
* Achy muscles
* Becoming emotional

These are all normal responses and will not last for long – this shows that treatment has had a positive impact on your wellbeing.

Please contact me if you have any concerns or have any questions regarding your treatment.

**I hope you have enjoyed your treatment with me today.**

**Simone xx**

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