



*Happily Equine  
After*  
— EQUINE WELLNESS —

## Equine Massage Appointment Guide

Helpful tips before and after your horse's session to ensure the best possible experience and results.

### Before Your Appointment

- **Have your horse in and ready:** Please have your horse brought in, haltered, and easily accessible before the appointment.
- **Keep them relatively clean and dry:** A little dust is okay, but excessive mud, sweat, or wet coats make treatment difficult.
- **Avoid topical products:** Please avoid liniments, sprays, oils, ointments, or heavy coat products before the session.
- **Share health updates:** Please let me know about medications, injections, injuries, or recent veterinary treatment.
- **Provide a calm environment:** A quieter environment helps horses relax and benefit from their session.

### Aftercare Recommendations

- **Encourage hydration:** Ensure your horse has access to fresh water following the session.
- **Light movement is beneficial:** Light turnout or relaxed walking can support muscle relaxation.
- **Avoid intense work immediately after:** Allow recovery time before strenuous exercise when possible.
- **Observe your horse:** Some horses may appear sleepy, relaxed, or slightly sore temporarily after treatment.
- **Consistency matters:** Regular sessions can help support long-term comfort and wellness.

*Because your horse deserves to feel great.*