



## ENVIVO HEALTH

### MASSAGE THERAPY

#### Post-Treatment Self-Care & Home Exercise Guide

*Thank you for choosing Envivo Health for your bodywork session. The work we did today created space, flow, and release in your body. To help you integrate the benefits and minimize soreness, here are some self-care suggestions tailored for the next 24–72 hours.*

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#### **Immediately After Your Session**

##### **1. Hydrate Generously**

Massage releases metabolic waste stored in muscles and fascia. Support your body's natural detox process by drinking plenty of water.

##### **2. Rest, Don't Rush**

Give yourself time to settle. Avoid heavy lifting or intense workouts right after deep tissue or structural work.

##### **3. Nourish Gently**

Eat light, whole foods if possible. Avoid heavy meals, alcohol, or caffeine immediately after your session.

##### **4. Emotions May Surface**

Emotional release is common after deep fascial work. Be gentle with yourself and allow space for reflection or rest.

#### **Gentle Movement & Mobility Work**

To help your body integrate postural shifts and fascial release:

- **Neck & Shoulder Relief**
  - Chin tucks (10 reps, hold for 5 seconds)
  - Shoulder rolls (forward & backward, 10 reps each)
- **Hip & Low Back Mobility**
  - Cat-cow stretch (1–2 minutes)
  - Supine figure-4 stretch (hold 30 sec per side)
- **Breathing Reset**
  - Diaphragmatic breathing: Lie on your back with one hand on your belly. Inhale for 4 counts, exhale for 6. Repeat for 2–5 minutes.



## Other Self-Care Tools

- Warm Epsom salt bath (especially helpful after deep tissue or fascial release)
- Foam rolling or a gentle massage ball for self-myofascial release
- Magnesium or arnica-based creams for sore areas
- Journaling, grounding, or quiet time—especially after emotional or energetic shifts



## Still Feeling Things Shift? That's Normal.

It's common to feel a little sore, tender, or even more aware of your body in new ways after massage—especially after deep tissue or fascial work. This is your system reorganizing and adjusting. Movement, water, and rest will help everything settle.

If you ever have questions, I'm always happy to check in.



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*Your body is always healing—this session helped guide it back toward balance.*

*Thank you for allowing me to be part of that journey.*