



Massage and Remedial Therapy Aftercare

In order to gain maximum benefit from your Massage Therapy we advise that you follow some simple steps over the next 12-24 hours.

- Drink plenty of water to help flush out toxins and avoid headache; massage aids the removal of toxins from the body.
- Avoid drinking other toxins such as alcohol, smoking, tea or coffee as massage aims to detoxify the body.
- Avoid having a heavy meal.
- Ensure that you fully benefit from the relaxation by resting as much as possible following your massage and avoiding strenuous exercise.
- It is quite normal to feel emotional after a massage.
- You may notice increased urination or flu-like symptoms (runny nose, coughing) however these will be temporary as the body re-balances.
- You may also experience some muscular aches and pains following remedial therapy which should pass after 24 hours.
- Try to follow your homecare plan as much as possible, thinking about your posture, nutrition, hydration, exercise and mental wellbeing 😊
- Try to make time to relax and practice deep breathing exercises.
- If you have any concerns with regards your massage therapy please do not hesitate to contact us.