

AFTER CARE ADVICE FOR MASSAGE AND REFLEXOLOGY

In order to aid the healing process and to get the maximum benefit from your treatment you are advised to:

- Drink plenty of water as this helps the body flush away excess toxins and waste released by the massage
- Avoid eating a heavy meal for up to 2 hours after massage as blood will be diverted to digestion rather than carrying oxygen and nutrients to other parts of the body and getting rid of waste. Light snack is fine.
- Avoid stimulants such as coffee, tea and cola. If this can't be avoided please compensate by having an extra glass of water.
- Avoid alcohol (**EXTREMELY IMPORTANT**) and smoking for up to 24 hours.
- Rest and relax after treatment
- If oils have been used in your hair apply shampoo to hair before wetting it and massage in to hair, this will help dissolve the oil easier.

CONTRA-ACTIONS

You will feel very relaxed after a treatment, however sometimes either during or after a treatment you may feel exceptionally tired, dizzy, nauseous, emotional, have a headache or general aches and pains, disturbed sleep or deeper sleep and possible increased mucus in the nose and the need to urinate more frequently.

Although you may not experience any of these reactions you should be aware that they might occur. These reactions are normal and are called a "healing crisis" where the body is reacting to the flushing away of toxins and re-balancing itself. Don't be alarmed if you feel strange or different after your massage as these symptoms won't last long. However if you faint, vomit or have diarrhoea please seek medical advice.

If you enjoyed your treatment today it would be appreciated if you can add comment on Pitmilly Spa Treatments, Sports Therapy and Leisure Facility Facebook page and Trip Advisor. This is beneficial for other guests who come to stay who are thinking of having a treatment.

Thanks and look forward to meeting you when you book your fantastic treatments.

Best wishes

Eileen (VTCT,SQA,MFHT)

