



Body Work

Post treatment care

To allow your body to respond to the effects and achieve the maximum benefit from your massage we recommend the following advice for the 24hrs post treatment.

- Drink plenty of water to stay adequately hydrated
- Avoid caffeine and alcohol
- Avoid strenuous exercise and/or activity
- Try to rest, however don't stand or sit in the same position for too long

It is very normal to experience some of the following side effects post massage for up to 48hrs.

- Soreness/muscle aches – particularly on any areas that have been deeply worked on
- Headaches
- Nausea
- Feeling tired/sleepy
- Changes in emotions/heightened emotions

THROUGH
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WE EMPOWER PEOPLE
TO LIVE THEIR BEST LIFE