



Massage Aftercare

After the treatment, you may feel one or more of the following, perfectly normal feelings:

- Relaxed
- Sleepy
- Tired
- Emotional
- Dizzy
- Drowsy
- Sick
- Light headed
- Energised
- Thirsty
- Experience an increase in urination
- Experience an increase in mucus secretion

After a deep tissue or sports massage, you may experience muscle soreness for a day or two. This is because of the manual manipulation and the release of spasm in your muscles. It is also associated with the release of accumulated metabolic waste products from your tissues into your system. Both of which are perfectly normal.

Ways to take care of yourself *after* a massage treatment

Rest

Take it steady after your treatment, stay warm and try and rest. Do not drive for 15 minutes or so after your treatment.

Stay hydrated

Drink plenty of water to help flush toxins from your body and prevent dehydration. Warm water is often more beneficial than cold water which can slow down the healing process. Alcohol and coffee can both cause you to dehydrate so should be avoided.

Go light on your usual exercise regime

Eat good food

Think about food as sustenance and eating as an opportunity to continue healing your body after massage. Eat food which makes you feel nourished and healthy. Try to avoid heavy or spicy food.

Avoid heat treatments

Avoid heat treatments, sunbathing and sunbeds for 24 hours after the massage.

Avoid bathing and showering for the rest of the day

If essential oils have been used, do not bath or shower. This will allow thorough penetration of the essential oils which can take up to an hour to absorb into the skin. The effects of the oils can continue to work for up to eight hours after treatment.

Who do I contact with queries or concerns?

If you have any concerns after your treatment, please speak to your therapist if you have their contact details. Alternatively contact reception on 0115 960 8855 who will speak to the therapist on your behalf and make arrangements for them to contact you.