



Perrin Aftercare

After the treatment, you may feel one or more of the following, perfectly normal feelings depending which phase of the Perrin treatment you are in:

- Relaxed
- Sleepy
- Emotional
- Dizzy
- Drowsy
- Nauseous
- Lightheaded
- Energised
- Thirsty
- Experience an increase in urination
- Experience an increase in mucus secretion
- Have generalised aches and pains
- Skin eruptions such as spots and boils, which are thought to occur as a result of the toxins being filtered out of the body through the skin.

Ways to take care of yourself *after* a Perrin 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.

Adapt Daily Routines

You may be advised to adapt your daily routine to help boost your recovery, which may include reducing work and leisure activities. Try to pace and moderate activities, personally and professionally, even if you feel more energised.

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 any exercise

Self-massage

Follow self-massage routines if they have been discussed with you.

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 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.