

## WESTWOOD MASSAGE



## MASSAGE AFTERCARE ADVISE

### *For the next 12 - 24 hours following your massage treatment*

#### **DO**

- *Keep hydrated, drink plenty of water*
- *Get plenty of rest and relaxation*
- *Stretch out your muscles - stretching and or strengthening exercise handouts relevant to your treatment will be give out to you to take home.*

#### **AVOID**

- *Stimulants including caffeine, cigarettes, alcohol and drugs*
- *Strenuous activity*
- *A long drive*
- *Eating a heavy meal*

*Please be aware of the following side effects of massage, these are perfectly normally they are a sign of your body releasing toxins following your treatment which is a good thing even though it may not seem like it! These symptoms can last up to 24 – 48 hours after the massage but if you are concerned please seek medical advice and let me know*

- *Sore aching muscles*
- *Bruising may occur*
- *Further muscle release, often people find their muscles relax even more two to three days after their session*
- *Headache*
- *Tiredness*
- *Dizziness*
- *Nausea*
- *Increased release of mucus in the nose or mouth*
- *Increased need to urinate*
- *You may feel cold*
- *Heightened emotional state*

