



TUTTI ♡
FRUTTI

Massage (including Hot Stones)

Aftercare Advice

After receiving a Massage treatment it is very important to rest and relax as much as possible, practice deep breathing exercises and relax your shoulders. Drinking plenty of water or even herbal teas will help flush out any toxins released by your treatment, this will help reduce any Contra Actions (which just means mild side effects that can occur) making the treatment more beneficial.

It is perfectly normal to feel a little different after receiving one of the treatments it may be one of the following:

- Headache, Nausea, thirst, a sore throat, tiredness, You may need to pass water more.
- Break out in spots (Temporarily),
- Aches and pains.

- Drinking water or herbal teas can help speed up this process and also serve to reduce symptoms. These are often short lived and you will feel a greater sense of well-being afterwards.

If you have just had a treatment please take the time to tell me if you experienced any of the above the next time you come for a treatment so you can get the best possible treatment - I will need to make a note of this in your file.