

SILVER CHAKRA



AFTERCARE ADVICE: MASSAGE AND REFLEXOLOGY

Having a massage is like an exercise workout for your muscles and thus you are likely to experience some soreness afterwards. This is normal. There are other common effects, which you should be aware of particularly the first time you are massaged or when your routine is changed. These usually go within 24-48 hours, but you may need a further treatment in a week or two weeks to follow up on any outstanding issues. Massage and reflexology are not a quick fixes; they require time and commitment. If anything is bothersome then please phone me for advice. Severe pain should always be referred to a doctor.

Common After Effects

- ✚ Feeling of well-being, joy and peace.
- ✚ Slight soreness in the muscles or stiffness as though you had been to the gym.
- ✚ Stuffy, blocked or runny nose
- ✚ Change in emotions - high or low, particularly after Psoas manipulation in massage.
- ✚ Tiredness or more commonly a deeply relaxed state
- ✚ Or more energy; a feeling of vitality.
- ✚ Temporary worsening of symptoms, which should go within 24-48 hours and is usually followed by improvement. Some people need 2-3 treatments before they see significant changes and some feel better after the first treatment.
- ✚ Increased thirst and urination as you are detoxifying.
- ✚ Changes in sleep patterns, usually for the better.

The above symptoms are known as a healing reaction. They are normal and a sign that your muscles are being worked at a deep level.

Aftercare Advice:

- ✚ Unless advised otherwise by a doctor, drink plenty of water over the 24 hours following treatment because your body is detoxifying. You should drink at least 8 glasses in 24 hours. Remember that by the time you feel thirsty, you are already partially dehydrated.
- ✚ Rest and take time out of your schedule for you. Do something you enjoy.
- ✚ Perform any stretches your therapist has advised, holding each position for 30-45 seconds. Never force a stretch; only work in your own comfort zone.
- ✚ Perform the self-massage advised by your therapist.
- ✚ Use heat or cold treatments such as heat patches as recommended by your therapist but leave several hours before having a bath to give time for the oils to work.
- ✚ Avoid, or at least moderate, alcohol and caffeine for at least 24 hours.
- ✚ Eat small, regular and healthy meals and try not to overload your system. Eat plenty of fresh fruit and vegetables.
- ✚ After 24 hours recommence your usual exercise routine unless advised not to or unless you are feeling ill.