

After care advice form

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After the treatment and what to do in the next 24 hours:

- *After receiving a Holistic Treatment, it is very important to rest and relax as much as possible, practice deep breathing exercises and relax your shoulders.*
- *Drink plenty of water to flush out the toxins. This will help reduce any Contra Actions, making the treatment more beneficial*
- *Avoid sun beds, hot baths, strenuous activity, alcohol*

Home care Advice

- *Make time for yourself by doing Regular Exercise and Practicing Deep Breathing exercises to help your relax*
- *Add more Fruit and Vegetables*
- *Avoid Meat and Heavy meals and eat more Fish*

Possible contra-actions (reactions) to massage treatment

- *Cold like symptoms, Irritability, Increased energy levels, Stuffed block nose*
- *Temporary worsening of the symptoms being treated (healing crisis)*
- *Increased thirst, Increased urination, Increased sweating, Increased bowel movements, Change in sleep patterns, Aching muscles, Hot flushes*
- *Heightened emotions, fatigue, headaches, dizziness, nausea*

When to contact me with any queries or concerns

- *Contact me or your GP when you have any queries*
- *Please feel free to contact on the phone, by e-mail or using the contact form on my website*
- *I am, however, always available to offer help and consulting*

Information to record before the next treatment

- *Contra-actions to the treatment*
- *Improvement in the condition being treated*
- *Worsening of the condition being treated*
- *Anything you feel the therapist should know about*
- *Changes in your circumstances*

All these symptoms are known as a side effect from the massage.

This is due to the flushing out of the toxins released by the treatment you have just received. Drinking water or herbal teas can help speed up this process and also serve to reduce symptoms.

These Healing Crisis are often short lived and will usually pass in 24 hours after which you will feel calmer and better in yourself, enjoying 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.