

Aftercare & what to expect

Thank you for trusting me with your body. Massage is a safe and effective treatment, and your body may continue to respond for a few days afterwards. Everything listed below is normal and part of your body integrating the work.

How you might feel after your massage

You may experience a mild healing response, especially if you're new to massage or have been under a lot of stress. This is a positive sign that your body is responding. You may notice:

- Feeling very relaxed or sleepy
- Increased thirst
- Needing the toilet more often
- Temporary fatigue or changes in sleep
- Mild aches, stiffness, or a light headache
- Emotional release or vivid dreams
- Mild skin reactions if you're sensitive

These effects usually settle within a few days. If anything feels concerning or doesn't ease, please contact me or your GP.

How to support your body after treatment

- **Hydration** — drink plenty of water to support circulation and recovery.
- **Rest** — if you can, slow down and rest. This helps your body get the most from the treatment.
- **Food** — light, nourishing meals are best for the rest of the day.
- **Avoid for 12–24 hours** — alcohol and excess caffeine, as they can dehydrate the body and slow recovery.
- **Gentle movement** — walking, light stretching, or relaxed movement can be helpful. If your treatment was for relaxation, avoid intense exercise that day.

Supporting your wellbeing long-term

Massage works best alongside simple, supportive habits:

- Regular gentle movement

- Managing stress where possible
- Looking after posture and alignment
- Staying hydrated and well-nourished

If you have an ongoing health condition, taking an active role in your care can help you maintain balance and well-being.

A final note

Regular treatments often bring deeper, longer-lasting results - but there's no pressure. Your body sets the pace. If you have any questions after your session, please don't hesitate to get in touch.

Take care, you've done something good for yourself today