



Tips before and after a massage treatment

Before:

- ❖ Avoid eating a heavy meal and alcohol
- ❖ If this is your first time having a treatment please note that your appointment will be longer to discuss your requirements and to complete the necessary forms.
- ❖ Otherwise arrive at least 5 mins prior to your treatment to rest and relax
- ❖ If you are having a Thai massage ensure you wear loose comfortable clothing (e.g. jogging trousers and T-shirt, no shorts)
- ❖ Please advise the therapist of any change in health circumstances since the last visit (this includes any bruising, swelling, new medication, etc.)

After:

- ❖ Don't be surprised if you feel tired and thirsty. Please drink plenty of water after your massage to rehydrate and if possible avoid driving, strenuous exercise and alcohol. If you can, take a nap or relax for the rest of the day.
- ❖ Don't be surprised if you feel a little sore for a couple of days after your treatment. Everybody is different and will react different to the treatment. Icing the sore area will help.
- ❖ Light stretching exercises can help to reduce soreness. Ask your therapist for advice.