

GENERAL AFTERCARE ADVICE

Massage is a wonderful, non-invasive procedure that feels great and has a positive effective on your wellbeing. During massage, waste product trapped within over-contracted muscles can be released. The body will then process this over the next 24-48 hours and this activity may result in the mild physical symptoms mentioned below. This is a sign that the massage was really good for you, so just be aware of it and treat yourself gently during that period.

To ensure that you get the most of your massage, for the next 24hrs:

- Relax and keep warm
- Drink a minimum of a litre of water
- Reduce your caffeine and alcohol intake
- If you're a smoker, cut down on smoking

Massage encourages the body to 'self-heal' and you may experience some of these mild but temporary reactions for 24-48hrs

- Increased visits to the toilet
- Runny nose/cough
- Mild headache
- Increased perspiration
- Altered sleeping pattern

REGULAR MASSAGE CAN HELP

- **counteract all that sitting we do**
- **ease muscle pain**
- **soothe stress, anxiety and depression**
- **improve sleep**
- **improve digestion**
- **boost immunity**
- **relieve headaches**

I hope that you enjoyed your Kneader Massage today and look forward to seeing you again!

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