



## Massage after care

**Hydrate:** Drink plenty of water after your massage to help flush out toxins released during the massage and to prevent dehydration.

**Rest:** Allow yourself time to rest and relax after the massage. Avoid strenuous activities and give your body a chance to fully absorb the benefits of the treatment.

**Avoid heavy meals:** Try to avoid heavy meals immediately after your massage, as digestion may be slower while your body is in a relaxed state. Opt for lighter, nourishing meals instead.

**Take a warm bath:** A warm bath can help extend the relaxation benefits of the massage. Adding Epsom salts or essential oils to the bathwater can further enhance muscle relaxation and soothe the body.

**Stretch:** Gentle stretching exercises can help prolong the effects of the massage and prevent muscle stiffness. Focus on areas that were targeted during the massage, such as the neck, shoulders, back, and legs.

**Listen to your body:** Pay attention to how your body feels after the massage. If you experience any discomfort or soreness, consider applying ice packs to the affected areas or using over-the-counter pain relievers as needed. However, it's essential to communicate any discomfort with your massage therapist during the session to ensure that the pressure and techniques used are appropriate for your needs.

**Moisturize:** Keep your skin hydrated by applying a gentle, hydrating moisturizer after the massage. This can help nourish the skin and maintain its elasticity.

**Schedule regular massages:** To experience the full benefits of massage therapy, consider incorporating regular massages into your self-care routine. Regular massages can help reduce stress, alleviate muscle tension, improve circulation, and promote overall relaxation and well-being.