

Aftercare Advice



To allow Reflexology to be beneficial please avoid the following in the next 24 hours:

- Caffeine
- Smoking
- Alcohol
- Drugs
- Strenuous Activity
- Long Drive
- Heavy Meals

If possible try and relax for the rest of the day and drink plenty of water, this will help toxins release from your body.

You may experience the following during or after the treatment:

- Aching or Soreness
- Tiredness
- Heightened mood
- Headaches
- Dizziness

These reactions are normal and show that the body is reacting to the massage.

If possible avoid bathing in hot water, it may increase the side effects.

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*Massage
Information and
Aftercare Leaflet*

Benefits Of Massage

- Ease muscle tension
- Improve joint mobility
- Reduce stress and tension
- Decrease chronic pain
- Increase circulation
- Relieve symptoms of arthritis
- Aid post traumatic injury recovery
- Correct posture/balance muscles
- Relieve back, neck and shoulder pain
- Benefit emotional issues
- Improve concentration
- Reduce Anxiety
- Relaxation



What is Massage?

Massage therapy has a long history in cultures around the world. Today, people use many different types of massage therapy for a variety of health-related purposes.

Massage is the manual manipulation of soft body tissues (muscle, connective tissue, tendons, and ligaments) to enhance health and wellbeing.

Massage is often used for specific reasons, such as relief from pain, stress reduction, or enhancement of athletic performance. But whether there is a specific goal or not, massage therapy tends to increase the general health and wellbeing of the client.

Massage causes physiological changes in your body through two different ways. 1. The relaxation response, which is an involuntary, yet predictable response of the nervous system to massage techniques and touch. 2. Mechanical responses,

2 which are physical effects that occur in the body when pressure is applied to the soft tissues.

The relaxation response may decrease the physical effects of stress and reduce the risks associated with stress, such as hypertension, anxiety, insomnia, persistent fatigue, sexual dysfunction, digestive disorders, and psychological issues.

The medical responses is known to increase circulation and lymph circulation, relax and normalise soft tissues and relax nerves, this leads to the removal of waste products and may increase the absorption of excess fluids and reduce swelling in soft tissues.