



beyond the stone & pestle

HOLISTIC THERAPIES

AFTER YOUR MASSAGE

- Stay hydrated. Massage is detoxifying so drink plenty of water to flush waste products from your body.
- Eat smart. Avoid heavy meals, caffeine and alcohol. Snack on something light, like vegetable sticks.
- Dress the part. Steer clear of tight clothing to aid lymphatic drainage and stay comfy.
- Keep it going. Avoid stress, and any strenuous activity and carry on your 'me time' by chilling with some ambient music and a warm bath.

Contra-actions

Massage is a highly beneficial treatment which helps all the body systems work harmoniously and holistically, and a 'healing crisis' is a normal, positive effect on the parasympathetic nervous system, that can occur during or post-massage, such as;

- Topically: erythema (redness of the skin), bruising, spots
- Physically: aching muscles, increased thirst, frequent urination/bowel movements, dizziness/nausea due to decrease in blood pressure, headaches
- Emotionally: release of negative emotions, increased tiredness, changes to sleep pattern

By following the aftercare advice and treatment plan, you should minimise the effects of a healing crisis, but if you have any concerns, please feel free to call or email to discuss.

These effects are more likely after your first massage; you will benefit more from booking in for regular massage, at least every 4-6 weeks (though there's no harm in massage as often as you like!)

YOUR PESTLE PLAN

- Take 5. Just an extra 5 minutes during or after your morning shower to stretch your muscles can alleviate a lot of daily aches and pains. Try shoulder & neck rotations, and touching your toes (careful not to slip!).
- Keep your body and mind supple. You don't need to be a Yogi to benefit from a few yoga moves. Find yourself a quiet space, burn your favourite oil or incense, and follow a few basic poses you find online.
- Hot n' cold. Therapeutic contrasting is a great way to exercise the muscle, alleviating pain and aiding injury recovery. Heat treatment relaxes the muscles and promotes blood flow, whereas cold reduces inflammation. Forcing the tissue to adapt to the sudden change in temperature is very stimulating and particularly beneficial for chronic pain, inflammation and stiffness. Keep it cheap by alternating a heat pad and ice pack or head to the sauna and plunge pool for a chilly sweet treat.
- Take time for yourself. You've made a step in the right direction for some well deserved 'me time'. Be sure to book in for regular massage sessions, and try to keep your day chilled. Book in a couple of hours for a back to back massage, scrub, facial and relax...

Much thanks for visiting Beyond the Stone and Pestle.

We hope we'll see you again soon!