



MASSAGE

POST CARE

DRINK WATER

Massage increases your blood circulation and hydrates your muscle tissues. You know those “wow” moments you have during your massage? They’re signifying blood flowing to areas that have been nutrient deprived and blocked by constricted muscles or trigger points. These “stress spots” are potent and toxic to your body, and require the assistance of water to be flushed out.

Water is the drano our bodies need to flush out lactic acid and metabolic waste that causes knots and pain. When a muscle is dehydrated it searches for a water source, and if it can’t easily get it will cling to another muscle tissue instead.

The simple fact is that massages are dehydrating. Kneading and working muscles gets fluid pumping out of the soft tissue and into your circulatory system, where it heads towards your kidneys. Therefore it’s incredibly important to drink water because not only does it flush toxins out of your system, but it ensures that all the good work your massage does doesn’t go to waste!

STRETCH

Having just had a massage therapist break up the adhesions on your muscles, it’s now up to you to stretch in order to reap the benefits. Stretching essentially works to realign your muscle fibers and improve muscle recovery. It also helps to train your nervous system, which is the main determinator when it comes to your body’s flexibility.

Did you know that a person under anesthesia has virtually full range of motion, even in the case of a serious condition like frozen shoulder? This is because the nervous system, not the muscles, is the great limiter of motion. Keep this in mind as you go through your post-massage stretch routine.



EAT

Massage therapy has a big effect on the body's circulation and stimulates digestion. If you're feeling a little light headed post-massage, this might be the result of not eating. Following a massage your body needs to refuel.

REST

It's not always possible, but always try to schedule your massage appointments at times when you can relax afterwards. The idea behind this is to prolong your sense of deep relaxation for as long as possible.

Listen to your body. If you feel like having a sleep, sleep. If you feel like curling up under a blanket and reading a book, do it. If you want to stretch out on the sofa and watch reruns of The Bachelor, indulge. This is your time to recover, repair and re-tune yourself.

AVOID SHOWERING FOR ATLEAST 6 HOURS AFTER

Whether you receive an oil massage, aromatherapy, or reflexology, the answer is to not shower before a massage or after. Leave a few hour buffer period before doing so. The body and skin is in a state of healing, making it more sensitive and fragile. Taking a shower or bath soon after can potentially lead to skin damage or inflammation.

PAY ATTENTION TO YOUR BODY'S REACTION

While it's normal to feel a little sore following a massage (think the day after a good gym workout), it's not normal to feel pain several days after your massage.

If your pain is intense and long-lasting, this is a sign your massage therapist may have gone too hard. Make note of any sore areas and inform your therapist during your next visit. This is important so your treatments can be modified to best suit you.

If you have any question or unexpected concerns, please call 16010999