

# Massage Aftercare

Following your massage you will be feeling relaxed. For the next 24 hours please ensure you:

- Get plenty of rest
- Drink plenty of water, stay hydrated
- Avoid drinking too much coffee
- Avoid high sugar fatty food
- Do not do any exercise


Please also be aware for the next 24 – 48 hours you may experience the following:

- Change in body temperature (flushes & sweats)
- Lower blood pressure
- Lethargy
- Thirsty
- Emotional
- Slight headaches / cold symptoms (lymph drainage)
- Slight aching (from working some of the muscles)

These are normal symptoms after a massage but can be heightened during pregnancy if symptoms still persist after 48 hours please contact us.

If you have any queries please do not hesitate to contact us.

Thank you for choosing PURE Holistic Beauty for your massage treatments....Have you booked your next appointment yet?

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 <https://www.pureholisticbeauty.co.uk>

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