

After Care

Follow these after care instructions to optimize the results of your massage:

Book your next appointment before you leave your therapists office! Our lives are so busy that time just slips away and before we know it, several months have passed since your last massage and the tightness and tension in your muscles have returned with a vengeance.

Remember, massage is most effective when received regularly.

Drink lots of water. Massage causes toxins and metabolic debris to be released from the body's soft tissues. Drinking plenty of water for several hours after your massage will help flush these wastes out of your body which will maximize the loosening of your muscles and joints and minimize any day-after soreness.

Soak in a warm bath with two cups of Epsom salts. Epsom salt aids in relaxing tight, sore, and strained muscles. It also eases stress and draws toxins from the body. The magnesium in Epsom salt helps to produce serotonin, a mood-elevating chemical in the brain that creates a feeling of calm and relaxation. It also helps to lower blood pressure, and improve sleep and concentration.

Limit caffeine, alcohol, and sugar consumption for 24 hours after your massage while your body continues to detoxify.

Take a nap.