

Before Treatment

Talk to your therapist before your treatment starts; Discuss any new or existing conditions. Discuss if you'd like specific areas paid attention to or not. Anything you did or did not like about previous massages and your expectations of massage. This will help improve your treatment and future treatments. Ask any questions that you may have about the treatment.

During Treatment

Massage is a great way to teach yourself about your body and how to relax.
Give yourself time to notice where you hold your tension and let yourself relax and let go.
Take some nice deep breaths and use your breath to help let go of tension.
When you relax your mind and switch off it can help you to relax your body.

Talk to your therapist; Make sure you are comfortable during the treatment. You are in control of the treatment. Do you need extra/less cushions or cushions moved (you should be in a position that you can fully relax in). Move if you need to move. Is the pressure too deep or not deep enough. If you don't like a technique or feel uncomfortable ask the therapist to stop or reduce the pressure. Some techniques may feel deeper (Soft Tissue Release, S.T.R & Neuromuscular Technique N.M.T), maybe some stretches. Try and relax through them by deep breathing and letting go as you breath out, the discomfort should decrease. If it stays the same or increases let the therapist know. The therapist will discuss this prior and during your massage. She may ask you to rate the discomfort 1-10 (1 being no/little discomfort to 10 being excruciating) or she may ask if you are ok or if the pressure is ok. She will also take note of your body language. If you do not say anything she will presume you are enjoying the treatment. The more massages you have and better rapport you have with the therapist the better you will be able to communicate and understand each others body language and expectations.

Post Treatment

Your body will be rebalancing itself and trying to eliminate an increased amount of waste. Therefore it is advised to do the following to aid this process by doing the following;

Make time to relax, Drink plenty of water, Avoid Alcohol for 24 Hours, Cut down on smoking

Occasionally, you may experience reactions when the body begins its self-healing process and elimination of toxins.

These reactions may include:

· Frequent visits to the toilet · Runny nose and/or cough · Slight Rash as the skin rebalances · Perspiration – another way that the body can excrete waste · Deep sleep or difficulty sleeping and vivid dreams · Muscle soreness · Drowsiness · Mild bruising · Conditions which have been suppressed may flare up temporarily before they heal

Reactions are only temporary and should clear within 24-48 hours. They are positive signals that your body has responded to the treatment.

If you have any reaction that concerns you or lasts longer than expected please contact me for further advice.

Depending on your expectations of the massage, your niggles and treatment, your therapist may have gone through some exercises/stretches to help you. However, some light mobility movements and stretches before bed and morning are always good after a massage especially after a deep massage.