

HCraig hitchens therapies

AFTER MASSAGE THERAPY

In order to get the most from your massage therapy session, I suggest you pay some attention to the following simple tips. These will help you feel great!

Things I Suggest You Should Do.

- It is important to drink lots of water. Massage stimulates the lymphatic system which in turn helps pull toxins from the body. These toxins need to be flushed from the system and water is the best way to do that.
- Take a nice bath and put around 4-6 good handfuls of Epsom Salts or bath Salts in your bath water. This help to remove some toxin through the skin and allows for some alkalizing of the tissues. This helps prevent any stiffness or soreness, especially if you had a particularly deep-tissue massage.
- Relax and enjoy and let your body re-learn what it is like to be relaxed. Taking a short walk is also beneficial as it aids helping the body to naturally re-align.
- Put yourself in a good sleeping position when going to bed as you will likely sleep very deeply.
- If you have any sore spots from deeper work, use a heat pack to help relieve these. They will pass in a day or so.
- If anything is concerning you or you have questions, be sure to call 0421 213 898 and have your questions answered!

Things I Suggest You Do Not Do.

- Do not drink alcohol. This removes water from the system and can actually intensify the effects of the alcohol.
- Do not plan heavy duty activities as you will feel great and you will want to maintain this obviously, but it can re-aggravate the problem whilst the body is going through the settling and re-aligning phase after your session.
- Do not nap on the couch as you will likely sleep much longer than anticipated and can create soreness from the uncomfortable position.

It's my pleasure to have worked on you and I look forward to our next session.