

MASSAGE

PRE & AFTERCARE ADVICE



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PREPARING FOR YOUR APPOINTMENT

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By following these simple tips, you can ensure that your experience with your massage treatment is as positive and comfortable as possible.

Avoid caffeine/stimulants up to four hours before your appointment: Caffeine and other stimulants can keep us from relaxing and enjoying the appointment, as we'll be too focused on staying awake.

Dress comfortably: One of the biggest tips we can give you is to dress comfortably for your massage appointment. Comfortable clothing will help you relax and enjoy the time being pampered.

Bring headphones: It is recommended to bring headphones/earphones to your appointment. This can help to pass the time and make the experience more enjoyable.

It can help to cancel out any external noise, making it easier to relax. It can help the time go by faster. Lastly, it can be a way of indicating to the technician that you would prefer not to talk during the procedure. This can be helpful if you want to take a nap or simply spend some time in silence.

Remove your contacts: Your eyes may be closed during your treatment. To avoid any discomfort, it is always suggested that contacts are removed allowing eyes to be comfortable in a natural and rested state.

Arrive a little early: Clients are always advised to come in a little early to their appointment. This gives you time to fill out any paperwork and also gives your lash tech a chance to answer any questions you may have. It also means that they can start your treatment on time or sometimes even a bit early, without having to rush.

We know that your time is precious, and we want to make sure that you get the most out of your appointment. So please make sure to arrive a few minutes early, so that your therapist can give you the best possible service.

Should you need to reschedule please get in touch at your earliest convenience. There will be a 15 minute grace period, this time will be deducted from your appointment to ensure all clients are seen on time.

MASSAGE AFTERCARE ADVICE

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1. Water is your post-massage best friend

If we had to choose just one piece of massage aftercare advice, it would be this: drink plenty of water. Why drink water after a massage? Well there are a bundle of reasons.

During a massage, built-up toxins are released. That's great, but they need to be expelled from your body. Your kidneys do the brilliant job of eliminating toxins from your system and they need water to work and push these free radicals out. If you're feeling lingering soreness after a deep tissue massage, water is also the primary solution. Simply drinking some extra water can help to shift soreness.

Massages can also be quite dehydrating. They usually take place in a nice warm environment and your massage therapist is actively encouraging your soft tissues to expel water. So the best thing to do after a massage is to have a lovely long drink of water to get your hydration back up.

2. Stay relaxed

One of the best ways to capitalise on the post-massage wonderful feeling is to actively choose to stay relaxed. Don't rush back out into normal life. Instead, have your massage at home where you can stumble into bed or to the couch for a little while.

We also really recommend relaxing the mind as well as the body. Put on some peaceful music, meditate, or simply read a good book. Another simple trick is some basic deep breathing. You'll feel centred and calm.

3. Avoid alcohol or caffeine

We promise that abstaining from caffeine or alcohol for at least 12 hours or so after a massage will make you feel fab. Both are dehydrating and won't help your body eliminate the toxins that are on the move thanks to the massage.

4. Take it easy

We're also giving you permission to skip that run or trip to the gym in the next 12 hours. Strenuous activity is best avoided for 12-24 hours after a massage as it will help ensure you benefit from relaxed muscles and overcome any lingering soreness. Getting back to high impact activity straight after a massage will simply halt the good post-massage feeling you're trying to hold onto.

5. But don't stay too still

However, whilst we recommend some relaxation and avoiding strenuous activity, don't stay completely still either. If you're back at a desk or screen, make sure you get up and move about occasionally. In the few hours after a massage, do some gentle stretches. This is one of the top tips we give people for how to relieve pain after massage. Move around, or go for a gentle walk. Hold stretches for around 30 seconds each to ensure they are most effective.

MASSAGE AFTERCARE ADVICE

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6. Book another massage!

Mentally you'll hold onto that post-massage feeling longer if you know you've got your next massage already booked in. You can look forward to knowing that it won't be long until you are in blissful massage heaven again. So, book in your next at-home massage.

7. Listen to your massage therapist

There are lots of different types of massage. At Secret Spa we offer massages ranging from vigorous deep tissue massage to utterly calming hot stone massage. Or maybe you'll choose a sports massage or a pregnancy massage. Whichever type of massage you choose, your professional massage therapist will give you tailored post-massage aftercare advice.

8. Correct your posture

A massage can really help to loosen muscles, enabling you to avoid the niggling pain of poor posture. However, if immediately after a massage you simply go back to your old poor posture habits then the same issue will build up again. Use the post-massage hours to keep your posture in check so that muscles relax into place with ease. Mentally scan your body. If you can feel a tense muscle then consciously relax it. If that's tricky to do, tense the muscle more first and this will help you to actively relax it.

9. Don't overeat

Many of us associate the treat of a massage with the treat of something yummy but naughty. However, overindulging can swiftly eliminate the good feeling from your massage. Instead, eat lightly and nutritiously. Your knowledge that you are treating your body in the right way, without processed sugars or carb heavy meals, will add to your sense of wellness.

10. How to relieve pain after massage

If you've had an intense deep tissue massage, or your therapist was working hard on a particular tense spot, you may be experiencing some discomfort. Pain after a massage isn't a bad thing per se. Headaches, soreness and sluggishness are all normal after-effects of a good massage, particularly a deep tissue one. They can be signs that muscle tenseness has been released and toxins are making their way out of your system. But it's important to know how to relieve pain after a massage so that you can get back to basking in your post-massage glow.

All of the tips above will help. However, in addition, don't push yourself. You can use an ice pack or soothe sore muscles in the bath. If it's a headache that's plaguing you then drink plenty of water.

Some residual soreness, mild headache, increased urination and thirstiness are all normal. But if you are worried then you should get in touch with your massage therapist, or speak to a doctor. Feeling re-balanced will come soon.

Blissful massages

We know how much you want to hold onto that fabulous feeling after a massage and with the above tips, you should be able to. Ready to book your next massage and get that feeling for yourself?