

SUTHERLANDS

HAIR & BEAUTY

Reflexology

Pre-Treatment Advice

1. Please attend your appointment with clean feet. If you are concerned, ask your therapist to provide you with hot mitts and we will be happy to oblige.
2. Reflexology is designed to promote stress reduction and relaxation. Avoid planning strenuous activities after your appointment.

Aftercare Advice

1. After a Reflexology session is advisable to go home and relax. This ensures maximum benefit from the treatment.
2. Drink Plenty water.
3. Avoid caffeine and alcohol.

Additional Advice

Following reflexology you may experience a number of symptoms or side effects. These differ from person to person and are positive signs of the body bringing itself back in to balance. These may include:

1. Needing to sleep or rest
2. Headaches
3. Feeling emotional
4. Increased urination
5. Temporary flu-like symptoms

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Indian Head Massage

Pre-Treatment Advice

1. Indian Head Massage is designed to promote stress reduction and relaxation. Avoid planning strenuous activities after your appointment.
2. Please attend your appointment with clean hair.

Aftercare Advice

1. After an Indian Head Massage appointment it is advisable to go home and relax. This ensures maximum benefit from the treatment.
2. Drink plenty of water.
3. Avoid caffeine and alcohol after treatment.

Additional Advice

Following an Indian Head Massage treatment, you may experience a number of symptoms or side effects. These differ from person to person and are all positive signs of the body bringing itself back in to balance.

These may include:

1. Needing to sleep or rest
2. Headache
3. Feeling emotional
4. Increased urination
5. Temporary flu-like symptoms