

# SUTHERLANDS

HAIR & BEAUTY

## Massage

### Pre-Treatment Advice

During a massage, we apply nourishing oils to the skin. Please shower prior to your appointment so you can keep these oils on your skin for as long as possible. Wear loose, comfortable clothes to your appointment.

### Aftercare Advice

1. Ensure you keep warm following your treatment. Muscles that are warm and relaxed from massage are likely to lose that benefit if muscles tense up in the cold.
2. Rest and relax, allowing your body to settle. It's easy to strain muscles after massage when you feel more ease of movement.
3. Drink plenty of water after your massage. Tense muscles store a natural toxin called Lactic Acid. Massage helps the body release toxins and drinking water enhances the elimination of the body's toxins.
4. Alcohol and caffeine can have a diuretic effect and are best to be avoided for at least 12 hours after treatment.
5. Have a light meal to keep your blood sugar stable to avoid any dizziness or lightheadedness. A big meal is best avoided as massage stimulates blood flow through the muscles while digestion diverts blood flow to the stomach.
6. Due to the release of toxins during massage, you may experience some side effects following your treatment. These symptoms differ from person to person and are a positive sign of the body healing and rebalancing itself.

Symptoms may include:

- Tiredness
- Headaches
- Dizziness
- Sore muscles
- Excess Urination