



## *Aftercare Advice for Massages or Spa Rituals*

For the following 24 hours after treatment:

- Relax and avoid any strenuous activity – this will give the body time to heal and cleanse.
- Avoid physical exercise
- Ensure that food intake following the treatment is light – avoid spicy foods and heavy meals as these may cause discomfort
- Avoid alcohol
- Avoid stimulants such as caffeine in coffee, tea, fizzy drinks and energy drinks
- Drink plenty of water to keep the body hydrated and flush waste products out of the body
- Avoid ultraviolet light and sunbathing as your skin will be more sensitive
- Drive with extra care and make sure you are alert and not drowsy before driving
- Leave oils on the skin and hair to allow them to penetrate