

Aftercare for Body Massage Treatment

You are advised to rest quietly after the treatment and drink lots of water to flush out toxins and to rehydrate. Tea, coffee, alcohol and carbonated drinks should be avoided as these are diuretics' and can aggravate contra-actions.

Heat treatments such as sauna, steam and Jacuzzi's should be avoided as the blood pressure may be lowered, which may cause dizziness or fainting.

