

# Massage Therapy Aftercare

## What To Do After Your Massage

- Hydrate Well - Drink plenty of water to help flush out toxins released during the massage and support muscle recovery.
- Rest and Relax - Give your body time to absorb the effects-avoid strenuous activity right after.
- Take a Warm Shower or Bath - A warm bath (with Epsom salts, if desired) can further relax muscles and reduce soreness. Avoid very hot water immediately after.
- Stretch Lightly - Gentle stretching can keep your muscles supple and reduce post-massage stiffness.
- Eat Lightly - Avoid heavy meals right after, especially if you had a deep tissue massage-your body is still in recovery mode.
- Note Any Reactions - Mild soreness or fatigue is normal. Take note of how your body responds to discuss with your therapist next time.

## What To Avoid After a Massage

- Alcohol or Caffeine - These can dehydrate you and counteract the detoxifying benefits.
- Heavy Exercise - Wait at least 12-24 hours before intense physical activity, especially after deep tissue or sports massage.
- Cold Showers Immediately After - May cause muscles to tense up again.
- Rebooking Too Soon - Space out sessions appropriately-most people benefit from a massage every 2-4 weeks unless advised otherwise.

## Possible Side Effects (Temporary)

- Soreness or tenderness (like post-workout)
- Mild headaches (especially after neck/shoulder work)
- Sleepiness or emotional release