

Self-Care: What to Do After A Massage and In Between Massage Treatments

DRINK WATER

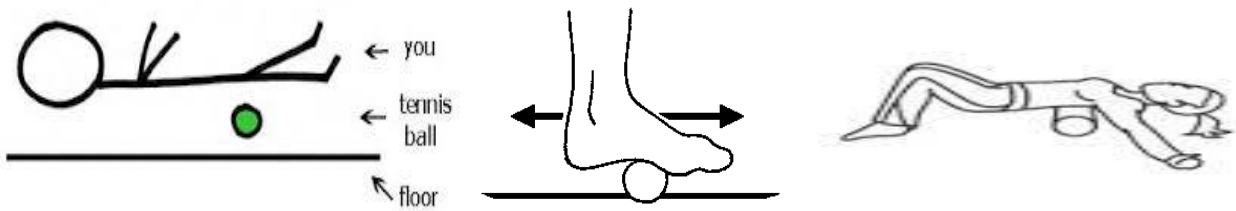
Why?

Over half our body is made up of water. Drinking water helps to flush out toxins released from the muscles, restores the body, and properly re-hydrates your muscles therefore reducing muscle aches and pains after a massage. Massage treatments can sometimes leave us feeling a bit spacey, hydrating is the best solution.

Stretch/ Tennis Ball/ Foam Roll

Why?

Stretching before your massage and in between appointments creates a huge effect on the body by assisting in the restoration and relaxation of your muscles. By Stretching, using a Foam Roller, or Tennis Ball your creating space to further the “effects of your massage” and telling the body it’s ok to lengthen, let go of knots, trigger points, and aches. (Don’t forget to Breathe into your stretches)



Bath/Epsom Salt Bath/Jacuzzi/Steam Room/ Heat Pack

Why?

Use Epsom Salt and a couple drops of aromatherapy in your bath to further the benefits after your massage. This helps promote relaxation to the body and mind allowing for a deep sleep. Using some form of “Heat” after your massage helps to keep the muscles relaxed. Use which ever form is available to you.

Hydrotherapy (Ice/Heat)

Why?

Helps promote healing especially if your muscles are recovering from an injury. Use an ice pack on the recovering muscles for about ten minutes then use a heat pack for ten minutes and repeat using the packs back and forth a few times ending with heat to help the muscles remain relaxed.

Eat

Why?

Massage Therapy has a big effect on circulation and stimulates digestion among other systems of the body. Keeping a small snack with you to eat after a massage will provide your body with an instant electrolyte boost (especially if you tend to feel light headed after massages).