

# Tips for Care After Bodywork Session

You just had a massage and you feel amazing? Here are a few tips on how to make the best of your massage and make the wellness feeling last longer:

## DOs

1. Drink lots of water. The MOST important thing to do after a treatment. After a massage, your body will remove metabolic waste and the tissues will get dehydrated. Drinking plenty of water after a treatment will help with rehydration, flushing of toxins, and building of healthy muscle tissue. And if you've got an injury, water will help your tissues recover faster.
2. Take it easy. It is best to avoid any intense physical or stressful activity in the next 4-8 hours following a massage. You have just loosened your muscles, and don't want to contract again so soon. Also, prolongation of the feeling of relaxation will be beneficial for your whole body, as the absence of stress is well known for better healing, recovering, repairing and retuning to yourself.
3. Take a warm bath. Add Epsom Salts or bicarb soda to relax a little longer and increase circulation, unless you came for an injury or inflammation, you will prefer applying ice.
4. Welcome any emotions. Your body stores repressed emotions in different tissues, including the soft tissues that are worked on during a massage. This could unlock some blockages and emotional release could happen. Just let it flow and go with it. Sometimes you can experience releases for the following 3 days, especially in a myofascial treatment as the connective tissue stores the muscle memory.

## DO NOTs

1. Avoid alcohol, coffee and soft drinks. Choose water!
2. Avoid eating heavy meals. Your body is busy with your soft tissue recovery, don't distract with digestion too soon. Eat well with healthy foods such as soups, salads, vegetables and proteins.
3. Avoid going for intense physical activity. Please keep in mind that your muscles are vulnerable after a deep tissue massage and can tare if you lift heavy objects or exert yourself.
4. Avoid too hot bath/showers, as it may create inflammation and dehydration.

Please do not hesitate to call if you have any questions or queries on 978-430-2583 or email [Denise@sunandmoonhealingarts.com](mailto:Denise@sunandmoonhealingarts.com)