



After care following your session

- Take time to relax and avoid strenuous activity
- Drink water to flush out any toxins that have been mobilised. You may experience a headache or mild nausea due to the release of these toxins. These symptoms will pass.
- If you feel tired or emotional following your session – this is normal and will pass.
- Avoid introducing toxins such as alcohol, tea and coffee back into your body as they may inhibit detoxification
- Avoid eating a heavy meal following your session. Opt for a light meal while your body rebalances.
- Muscle soreness ache following some therapies is normal. Wrap up warm and apply heat to the area following the session. Re-apply heat the following morning and gently mobilise/ exercise the area.
- Where essential oils have been used please leave the oil on your body for 3 hours so they can penetrate fully.
- Some medications may be metabolised quicker. Please take medications as normal and report any adverse effects.
- If any dizziness is experienced, please make sure you have eaten and maintain a safe position. Avoid driving or operating machinery.

Use self-help techniques between sessions

- Listen to relaxation music
- Practise deep breathing, visualisation and meditation techniques
- Focus on positive affirmations
- Take gentle exercise

Take responsibility

- **Drink water:** Your body needs water to flush out internal organs. If no clean water enters your body it has to use dirty water to carry out this process. 1 ½ - 2 litres of PLAIN water is recommended dependant on your build.
- **Walk:** 20 minutes unrestricted walking encourages contralateral exercise, so clears build up of chemicals in your brain. Walking clears the head and helps open up the lungs.
- **Breathe:** Correct breathing utilises the full capacity of your lungs and diaphragm, which in turn moves fluid through the vital organs to flush them out.
- **Avoid:** Chocolate, coffee and alcohol are stressors to the body and can throw you into a state of imbalance. Avoid these and other known irritants.
- **Follow advice:** Please follow any self help advice given. This is provided to support your wellbeing, reduce the number of sessions you will require and train you to care for yourself in the future