



Liz Card, Certified & Registered Massage Therapist
720.840.3650 | lizcard@icloud.com | www.SomaHealing.net

POST CARE TREATMENT — *After Your Massage:*

After your massage, you may experience the following symptoms:

- *Sleepiness, fatigue, muscular or joint soreness due to the increased level of toxins brought on by the bodywork*
- *Dehydration from the manual movement of lymphatic fluid and blood that may detoxify you*
- *A heightened emotional state from the positive release of feelings and/or emotions*
- *Frequent urination and/or bowel movements due to the stimulation of the lymphatic system*
- *Spots may occur on your skin (particularly if you've had a skin condition in the past)*

You may experience all or some of these symptoms. All are normal and should subside within 24-48 hours. Please feel free to call if they do not disappear within this time frame.

After your massage, please consider the following treatment & care instructions:

- 1. After your session, increase your intake of water over the next few days. This helps to flush out the toxins we've just released from the tissues in the body.*
- 2. Reduce your caffeine and alcohol intake over the next 24-48 hours. Caffeine and alcohol is proven to further dehydrate the body after a massage.*
- 3. After your session, refrain from rigorous exercise for the next 12-24 hours. Doing so can bring your body back into a state of tension, and could result in injuries or cramps.*