

MASSAGE THERAPY AFTERCARE

The following aftercare advice is essential to help reduce the risk of treatment complications, to improve your comfort and to help achieve the best possible results from treatment.

Please follow the aftercare advice for massage therapy.

- Avoid drinks with alcohol or caffeine for 12 hours, as they may cause dehydration.
- Avoid any strenuous exercise or exhausting activity for the next 12 hours, to help your body rest, relax and de-stress further.
- Drink plenty of water to keep hydrated.
- Avoid a hot bath for 24 hours after the massage.
- Avoid sunbeds and UV light for 48 hours after the massage.
- Contact your therapist if you experience any side effects.
- Any muscle aches or headache afterwards you can take simple over the counter pain killers such as paracetamol and Ibuprofen (if medically safe for you).
- If you are concerned about any problems or side effects following massage therapy, then you must contact your therapist for advice as soon as possible.

It is essential that you have read all of the information available. Once you have read and understood all of the below, please sign the declaration at the bottom of this form. Please do let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.