

# Pause & Unwind

Mobile Massage Service

## What to expect and do after your treatment

Just take some time to enjoy the effects of your treatment.

Be kind to your body and give it time to readjust by:

Drinking plenty of water.

Eating light meals.

Refrain from taking in alcohol, caffeine and nicotine, for at least a couple of hours.

Concentration may be affected; if possible do not drive immediately after your treatment.

## Physical symptoms that may manifest over the next few days

(**Do not be alarmed**; the body is going through a healing crisis and is rebalancing and cleansing itself.)

Nausea, dizziness, headaches

Stiffness, fatigue, spots

Thirst, increase of urination and bowel movements

Increase or loss of appetite

If you experience any of these symptoms:

Try to take things a bit slower.

Your body is working hard to rebalance and cleanse.

Drink water, rest, take a hot bath with a cup of Epsom's salts, do light exercise.

Thank you for using my service.

Debbie