

## **Indian Head Massage After-Care Advice**

Massage is an aid to the body's natural mechanisms to release stresses, which have built up over a period of time. In order to get the maximum benefit from your treatment, it is advisable to:

- Increase intake of water following treatment to assist the body's detoxification process and help flush out toxins and avoid headaches. Important to drink a full glass of water immediately after the treatment.
- Take rest and relaxation to assist the healing process.
- Avoid eating a heavy meal after the treatment.
- Avoid smoking.
- Cut down on consumption of teas, coffee and alcohol (massage aims to detoxify the body - alcohol and smoking are counter-productive as they increase the levels of toxins in the body).
- If oils have been used on the scalp it's preferable to allow a least a couple of hours before washing the hair. When left on overnight, it acts as a great conditioning treatment, so long as you protect bedding etc. A good tip is to use shampoo on the oiled hair before wetting with water, in order to emulsify the oil.
- If possible, it's preferable not to shower for a few hours after the treatment to allow the oils to nourish the skin.
- Avoid sauna, steam rooms or heat treatments and applying further products to the skin as it may be sensitive.
- Avoid direct exposure to strong sunlight or sun beds following the use of oils.
- Avoid strenuous exercise.

### **What to expect after an Indian Head Massage:**

- Possible temporary tiredness due to the release of toxins. This is often replaced by a feeling of revitalisation.
- Relief from stress and muscular tension.
- Possible short term aching in the muscles due to the release of toxins and the nerve fibres responding to the massage.
- Increased feeling of calmness, peace and tranquillity.
- You may feel emotional or tearful as part of the releasing process.
- Feelings of alertness and clearer thinking.
- Temporary increase in urination or cold-like symptoms (runny nose, coughing) may be experienced as the body re-balances itself.

### **General advice to aid the benefits of massage:**

- Drink plenty of water each day in addition to tea, coffee etc
- Eat a healthy, balanced diet
- Get plenty of sleep
- Take time to relax or preferably meditate

It is recommended to receive Indian Head Massage once a month to maintain the benefits.

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