

MASSAGE

aftercare

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MASSAGE AFTERCARE



Avoid strenuous exercise for 48 hrs after treatment



Drink plenty of water after to flush out toxins



Apply a warm/cold compress to any sore areas



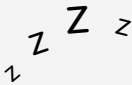
Follow any specific stretching exercises recommended



Rest and relax after the massage over the next day



Avoid consuming heavy meals or alcohol afterwards



Listen to your body and rest if you feel tired or fatigued



Schedule regular massage sessions for self-care