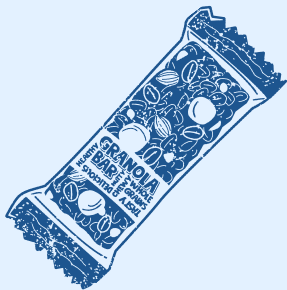


# AFTER YOUR MASSAGE

Tips for that post-massage feeling

## DRINK WATER

Massage helps to increase the circulation of both the blood and the lymphatic system. Drinking water makes this process more effective & helps to prevent any symptoms from the moving of these fluids, such as a headache.



## EAT

Having a light snack could help to refuel your body and possibly prevent the chance of becoming lightheaded

## WELCOME ANY EMOTIONS

Both during and after a massage you might feel any number of emotions. As the body relaxes, it is normal for the body to release the emotional baggage we are holding on to. While you might feel elated, refreshed or energized, there may be times when you feel a need to cry. This is okay and is normal.