

Before and After Your Massage



Before Your Massage

- Communication with your massage therapist is important if you want to reduce the probability of becoming sore after massage and to get maximum benefits from your session. Your massage may be intense, however it should not be painful.

- Pain during your massage will increase the probability of becoming sore afterward. Be sure to go over your pain tolerance with your therapist before your session and specify any areas of tenderness you may have. Your feedback to the therapist helps them adjust their technique to your comfort level and to make sure you will receive maximum results.

- Drink plenty of water to stay hydrated and to help with flushing out the toxins after your massage

- You may also want to stretch before your session. Stretching your muscles to make them relaxed will prevent muscle tension during your session which will prevent soreness afterward.

After Your Massage

- Be sure to drink plenty of water to help reduce soreness that may occur after your massage and to help dilute and flush out the toxins that were released into your bloodstream from your muscles and also to prevent dehydration or dizziness.

- It is also helpful to apply an ice pack covered with a towel to any areas of intense pain after your massage.

Bath Formulas:



****Epsom Salt Bath****

Or

****Apple Cider Vinegar and**

Sea Salt Bath**

(2 cups of Epsom salt in tub full of water)
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(4 cups of Apple Cider Vinegar & 1 pound

- Soak in for about 20 mins. but do not lather. You may want to take a regular shower or bath afterward to remove the smell of vinegar.

- Epsom salt has a high magnesium content, which is very helpful when you are suffering from muscle aches or strains.

- Magnesium is a natural emollient and exfoliator and when it is absorbed through the skin it draws toxins from the body. It also reduces swelling and relaxes muscles.

- These bath formulas help to wash out toxins in your body by causing you to sweat and release the toxins from thousands of pores in your skin. It is best to do right before bedtime the same day of your massage session.