

MASSAGE

BEFORE & AFTER ADVICE

1. Inform your therapist if you are PREGNANT. We will give you a clearance form to be signed by your LMC before your appointment. We only massage after 14 weeks.
2. Inform your therapist if you are undergoing any treatment for injury or tension, e.g. physio, chiropractor, acupuncture.
3. Please do not have a massage if you are feeling unwell or have a headache or migraine. Massage can exacerbate these symptoms.
4. We cannot massage skin that is burnt in any way (sunburn or other), bruised, wounded, freshly waxed or impaired in any way.
5. Stay well hydrated before and after your massage as your body will be detoxing a little.
6. We don't recommend doing anything too strenuous after massage - skip the gym and chores!
7. Some gentle stretching and shoulder rolling after your massage can help to keep tension from creeping back to your muscles.