

## Just Pampered Head Massage Pre and Post Treatment Guidance

### Pre Treatment

- ✓ It is good to take a few moments to unwind before a massage so wherever possible arrive a few minutes early and take a seat in our relaxation area
- ✓ Wear some comfortable clothing, we want you to feel relaxed
- ✓ Avoid washing your hair before a treatment, we don't mind if it's not completely clean and we're going to mess it up anyway

### What happens during treatment?

We offer two kinds of head massage; the Relaxing head (laying down on the couch similar to a facial) and the Indian head (seated in line with the Indian tradition). Both are 30 minutes and the same price.

Although both treatments work the same areas, the relaxing (laying) focuses more on the neck, shoulders and scalp. The Indian (seated) focuses more on the upper back, upper arms and scalp. It is complete personal preference as to which one you should book for. Some people can't imagine sitting for a treatment would be relaxing, but are pleasantly surprised when they have it and others prefer to lay down flat. If you ever get the opportunity to try both (not on the same day), we would recommend it because each experience is very different.

With either method your comfort is a priority and we keep you warm and cosy throughout. We have a range of oils to suit ailments but if you have something particular in mind please speak to your therapist.

Head massage has many benefits which include relaxing muscle tension, relieving stress, promoting a good night sleep, boosting circulation, soothing for the eye muscles, conditioning the hair and scalp, improving headaches and restoring balance in the body.

### Post Treatment

- ✓ Drink plenty of water to remain hydrated and increase the benefits
- ✓ Do not rush after the treatment, we don't want you feeling lightheaded.
- ✓ Take your time, get dressed and take a seat in the relaxation area
- ✓ Drive home with the window slightly open to ensure you get enough fresh air
- ✓ Keep warm and try to relax for the rest of the day
- ✓ Avoid strenuous exercise
- ✓ Where possible, wait at least a few hours before showering so the oils can work to hydrate the skin and scalp. Before showering, apply shampoo to your dry hair to allow it to soak up the oil. Oil and water don't mix very well, so if you wet your hair in the shower first you may find the oils remain in the hair and it appears greasy. Shampooing first ensures the oil is properly removed and your hair will look and feel soft and radiant
- ✓ Avoid alcohol and rich foods where possible, instead opting for a light meal following a massage
- ✓ You may experience erythema, which is a redness to the area due to an increase in circulation. This is completely normal and a good sign that the massage is working. Erythema usually subsides very quickly once the treatment has ended

### What if I don't want oils in my hair?

If you do not wish to have oils applied to your hair, we can offer a conditioner or mud pack instead, or carry out the massage with clean, dry hands. The oils are hydrating and conditioning for the scalp but we understand not everyone would enjoy them, If you have the opportunity to have the oils and go straight home afterwards, we do highly recommend them.