

Just Pampered Reflexology 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

What happens during treatment?

The treatment is carried out on the couch in a semi reclined position, with your ankles and knees supported. Reflexology applies pressure point therapy to the feet to help the body restore an equilibrium from imbalances. Throughout the treatment we may find an area of discomfort or varying textures, in which case we will make a note to discuss at the end.

You are welcome to ask questions throughout the treatment, or simply relax and enjoy the treatment, saving any questions for the end. We really don't mind either way.

The treatment itself includes some relaxation stretches, followed by a routine on each foot which covers the 'whole body' on the foot map, a recap over any problem areas and areas of concern and finally a foot massage to finish.

Post Treatment

- ✓ Drink plenty of water to remain hydrated and help flush out the toxins
- ✓ Do not rush to get off the treatment bed. 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 and where possible avoid being faced with stress for the remainder of the day
- ✓ Avoid alcohol and rich foods where possible, instead opting for a light meal following a massage
- ✓ It is possible you will feel sleepy or have a slight headache as the body works hard to find a balance. This is known as the healing crisis, where the body has to react in order to heal and you may feel some negative symptoms temporarily. Overall this is a great sign that the treatment is working.

"How will I feel after treatment?"

This completely depends on what is going on within your body and how many ailments you are suffering from. It is possible if the body is particularly unbalanced that you may feel lethargic, slightly nauseous or even tearful at first. This will be a very temporary side effect, a way for the body to eliminate toxins and negativity. Overall, you should feel a general feeling of wellbeing and relaxation.