

## **Advanced Back or Body 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

### What happens during treatment?

We offer various advanced massages including Lomi Lomi, Tranquility Shiatsu and Deep Tissue Massages. The full body versions include back, neck, shoulders, waist, hips, backs of legs, feet, fronts of legs, abdomen (optional), arms and scalp. The shorter version includes back, neck and shoulders. We have a range of oils to suit ailments but if you have something particular in mind please speak to your therapist.

You are fully covered with a towel at all times apart from the one area being massaged. We respect your modesty at all times

Massage has many benefits which include relaxing muscle tension, relieving stress, promoting a good night sleep, boosting circulation, improvement in digestive health and aiding the removal of toxins from the body. These advanced massages all have their own benefits but are ideal for those who want more than a massage purely for relaxation purposes. They work well for clients suffering with postural issues due to work life or driving for long periods of time. They are also ideal after sports or regular exercise.

Lomi Lomi Comfort – Uses deeper moves with the forearms and elbows to work the deeper muscles

Tranquility Shiatsu – Combines Swedish techniques with shiatsu acupressure points for relaxation

Deep Tissue – For a specific area of muscle tension, chronic injuries or all over muscular stress, working deeply into the muscles and palpating particular areas and trigger points

### **Post Treatment**

- ✓ Drink plenty of water to remain hydrated and increase the benefits
- ✓ 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
- ✓ Where possible, wait at least a few hours before showering so the oils can work to hydrate the skin
- ✓ Avoid alcohol and rich foods where possible, instead opting for a light meal following a massage. Reduce caffeine intake (tea, coffee, soda) to aid the removal of toxins
- ✓ You may experience erythema, which is 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

### “Will this not hurt?”

The treatment is designed to work deeper but this does not necessarily mean pain. The treatment still needs to be comfortable and enjoyable so we will work with you and obtain feedback for what you are feeling in order to work at the optimum level without working too deeply. Before we apply pressure, we warm the muscles correctly and sink into them, so you will feel only a gradual build of pressure, completely within your comfort zone.

### ‘How will I feel afterwards?’

It is possible you will feel sleepy, lethargic, have a slight headache or even feel nauseous 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 and in general you should get an overall sense of wellbeing and relaxation as a result of the treatment.