

Just Pampered Holistic Treatments Pre and Post Treatment Guidance

Just Pampered Hot Stones 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?

The Hot Stones Full Body massage lasts approximately 70 minutes and includes back, neck, shoulders, waist, hips, backs of legs, feet, fronts of legs, abdomen (optional), arms and scalp. The 45 minute version includes back, neck and shoulders with scalp. 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

We use 'placement' stones, which are applied to the body on certain areas (for example along the spine) to warm the muscles in preparation for massage. In addition to this we work with 'working' stones, which means holding the stones in our hands to massage the body.

The stones will not burn you because we test them and they have to be comfortable enough for a therapist to hold for a long period.

Hot Stones are used because one stroke with the stones provides the same warming and relaxing benefits as repeating the stroke ten times with just our hands.

Massage has many benefits which include relaxing muscle tension, relieving stress, promoting a good night sleep, promoting a feeling of well being, quietening of the mind, boosting circulation, improvement in digestive health and aiding the removal of toxins from the body.

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
- ✓ 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

"I never lay down and relax at home"

If this is the case then this treatment is perfect for you. All you are asked to do is to lay back and close your eyes. The ambience is set perfectly for you to unwind. The lights are on low,

the bed is warmed, the room is warm and soft music is playing in the background. You are sure to relax in this tranquil room during the massage.

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 Shoulder and Scalp (laying down on the couch similar to a facial) and the Seated 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.

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.

Just Pampered Ear Candle Treatment Pre and Post Treatment Guidance

Pre Treatment

- ✓ We want you to be relaxed, so arrive a couple of minutes early and take a seat in our waiting area
- ✓ Wear some comfortable clothing, we want you to feel relaxed
- ✓ Please remove earrings and necklaces prior to treatment

What happens during treatment?

We place an ear candle (a hollow linen tube infused with herbs) into the ear to provide benefit to those suffering with blocked sinuses, excessive ear wax, headaches, migraines, hayfever and more.

It works by creating a chimney effect to draw out impurities

The therapist will ask you to lay on your side, with your ear facing straight up to the ceiling. The candle is applied to this ear, with a protective disc to prevent any ash falling on your clothing.

The candle takes approximately 10-15 minutes to burn down and during this time nothing is required from you other than to lay still and relax. We keep you comfortable with blankets and cushions.

Once the candle has burned down, you turn over so we can repeat the process on the other ear.

At the end of the treatment we apply some drainage movements and look into the candles to analyse results

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
- ✓ Keep out of cold winds and draughts
- ✓ Help loosen wax by applying 1-2 drops of warm oil to the ear
- ✓ Avoid toxins such as smoking, alcohol and caffeine
- ✓ Avoid swimming for 24 hours

How will I feel afterwards?

Most clients enjoy this treatment because it is so relaxing and they have an immediate feeling of their head being lighter or clearer than when they arrived for the appointment. It is also recommended before and after flying or diving, to help prevent the onset of pain or pressure to the ears or blocked ears.