

AROMMA

AREIKI

MASSAGE

TREATMENT

# AFTERCARE

To enjoy the full benefit of the massage oils and essential oils absorption into your skin, try to leave on for at least a few hours or preferably more before washing off .

Take it easy after a treatment, enjoy and savour the calm peaceful feeling before throwing yourself back into life, try to factor in a suitable rest period. If you feel more mobility to a previously tight and stiff muscle, try not to then overexert it, be gentle.

Massage can have a dehydrating effect, so it's wise to drink plenty of water over the next 24 hours following a treatment. This helps the body to flush out any extra waste and toxins that may be in your system following your treatment.

It's also best to avoid a heavy meal, alcohol and caffeine immediately after treatment.

It may not be suitable to drive directly after the use of some oils, as they can have a sedative effect, it will always be discussed prior to there use with the client.

Some essential oils can increase the chance of sunburn. If any of these oils have been used, I will advise you to avoid sunbathing and/or using a sun bed for 24 hours.

Home blends are for your use only. They will be clearly labelled with methods of application, or an extra handout will be provided.

They will also be dated and a use by date specified.

## What will I feel after an AromaReiki massage?

In the majority of cases people report going away

- Feeling relief from stress and muscular tension.
- Deeply rested and peaceful.
- Improved skin appearance.
- In some cases a renewed energy and vigour.
- A more positive outlook to mental and emotional challenges.
- An increased feeling of self-awareness.
- Or a heightened emotional state.

Aromatherapy massage stimulates the release of toxins from muscle and connective tissue from the body. As a result of this you may experience some after effects such as headaches, mild tiredness, cold-like symptoms and a need to go to the bathroom more regularly. Please be reassured that these are in fact healthy signs that your body is responding positively to the treatment by cleansing itself. Any discomfort should pass within 24 hours.

There is a very small chance of skin irritation following the treatment. In the highly unlikely event you experience this, please wash the affected area immediately. Generally these things don't happen, but if you do have a negative response of some kind then please contact me.

Take your time to roll onto your side and push your body up slowly, as one can feel light headed after lying down for a long period of time. Please do not feel you have to rush to leave, take your time to reflect and compose yourself after a treatment.

Working energetically with aromareiki can bring up emotional feelings and memories that can be stimulated by touch. Smell can also have a strong impact on the limbic system our smell memory/emotional recall. If this does happen please know this is a common experience, that it is nothing to be embarrassed of and tissues are at hand, most people report that although tears were spent, they did not feel sad but felt a huge emotional release.

If you feel uncomfortably otherworldly after a treatment or have to immediately immerse yourself back into life, there are some grounding and breathing exercises I can do with you that help.

You may not experience any of the above, as everyone reacts differently, but if this kind of treatment is new to you or you do not wish for me to combine Reiki please let me know. I find its good to be informed of what might happen.

Receiving a series of regular treatments is usually always more beneficial and effective than a one off treatment, as it gives the body and mind more time to make positive adjustments.

Thank you.

LAURA STANLEY