

Indian Head Massage

ADVICE ON SELF-CARE AFTER A TREATMENT



IMMEDIATELY

REST – either sit or lie down for 5-10 minutes

DRINK – a lot of water or herbal tea

MOVE – slowly when you feel ready

EAT – only light fresh food (fruit, salad or vegetables)

STAY – with the feeling of wellbeing as long as you can

GENERALLY

You may notice some reactions to your treatment that usually indicates that your body is working to expel toxins and is re-balancing itself. These symptoms may include:

- Heightened emotions
- Sense of tiredness
- Slight headache, nausea or dizziness
- Disrupted sleep patterns
- Increased release of mucus in the nose or the back of the throat

These are quite common responses and should not give you cause for concern. They are unlikely to last for long and it is better if you do not take an medication as this will suppress the natural healing process.

GENERALLY

“Life is a preparation for the future; and the best preparation for the future is to live as if there were none.”

Albert Einstein

- Pay attention to how you feel during your day-to-day activities. Try to live in the present (not regretting about the past or being anxious about the future).
- Begin to note what events make you feel stressed and what things make you feel more relaxed and calm. If you feel yourself tensing up, just give yourself a few moments to be still, consider your posture (standing or sitting) and breathe more deeply. It may also help to close your eyes.
- Drink plenty of water every day – your brain uses a large quantity of water so even sitting at a computer is dehydrating!
- Eat as much fresh fruit and vegetables as possible and reduce fatty and starchy foods. This is better for your digestion and also will make you feel less ‘heavy’ and sluggish.
- Drink less alcohol, carbonated or caffeinated drinks as these are stimulants and will interfere with digestion and self-healing.
- Sometimes a treatment can trigger a deeper reaction including revealing some unknown conditions. In the unlikely event that you have persistent symptoms that give you cause for concern – please consult your GP

Please contact me for more information:

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