

Body & Holistic Treatments

Consultation

Please ensure you let us know if you have any medical conditions or allergies prior to treatment, particularly:

Heart condition, cancer, epilepsy, tumours, diabetes, pregnancy, thrombosis/Phlebitis, inflammation/infection or skin diseases, varicose veins.

Before your treatment

Please arrive freshly showered for your treatment.

You will simply wear your own under-pants for the treatment or in some cases, paper pants.

Avoid strenuous exercise 6 hour prior to a massage.

After your treatment

Avoid alcohol and caffeine for at least 24 hours, as massage is a detoxifying treatment.

Avoid strenuous activity and stressful situations.

Do not apply tanning products until the following day.

Drink plenty of water to assist in the elimination of toxins from the body.

Eat a light diet to assist the detoxification and healing process.

Research the possibility of treatment options to assist with stress and other conditions, if necessary.

Get plenty of rest you may experience some reactions up to 24-72 hours after treatment; this is known as a contra-action and is the body's response to the treatment:

Headache/migraine

Dizziness or nausea

Disrupted sleeping pattern

Muscles may feel tired and achy

All systems including the digestive system will work better.

Increased thirst and hunger

Fatigue