



After Treatment Advice – Chris Penny, Body Massage

Please remember that your body will continue to react to the effects of your treatment for up to 24 hours after your appointment.

To derive the greatest benefit, please follow the guidelines on this sheet:

- Drink plenty of fresh water
- Reduce your caffeine intake (tea/coffee/soft drinks)
- Avoid alcohol for the next 24 hours
- Try to cut down on smoking
- Make time to relax and enjoy the benefits from your treatment.

During the period after a treatment, it is possible you will feel the effects of your body ridding itself of toxins and rebalancing itself.

This may cause any/all of the following reactions as this takes place:

- Increase in frequency of visits to the bathroom to eliminate waste products
- Runny nose and/or cough
- Slight rash
- Sweating
- Conditions which have previously been suppressed may flare up temporarily
- Deep sleep, or, on occasion, disturbed sleep and vivid dreams.

Reactions such as these should be temporary and clear without intervention within 24 hours.

They are positive signs that your body has responded to the treatment and should be replaced with a feeling of improved wellbeing.

If you have any concerns, please contact me for advice

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