

## Massage - What To Expect

### Before:

- Shower and exfoliate your body prior to treatment and leave it clean of any product this will allow the beneficial elements of massage oils to be absorbed into the skin
- Remove all jewelry

### What to expect:

- You will be asked to privately remove all of your clothing you can decline to remove your undergarments.
- Next you will be asked to lie on the massage table face down and cover yourself with a sheet.
- The therapist will begin to massage.
- The pressure can vary according to modality and need – communicate your needs in terms of sore muscles, aches, pains or injuries

### After:

- Drink plenty of water for 24 hours after your massage to help move the toxins along that have been released from your lymph nodes during your massage.
- Avoid hot baths or showers, saunas and body wrap for 24 hours
- Avoid alcohol and caffeine as they can dehydrate your body