

# Take Care of YOU

A helpful self-care information guide for the hours and days after your session...

## The next few to 24 hours...

You may experience profound changes in your body and mind. You may notice that you feel tired or heavy, or perhaps energized and refreshed. You may feel sore or blah, or completely relaxed. You may feel sad or content, or even elated. If a headache comes on later in the day, simply drink extra water. It's good to keep in mind that during any effective healing process, it sometimes gets worse before it gets better. This is normal. Please remember to call us with any physical or emotional changes, whether pleasant or not, so that we can make recommendations for aiding the healing process and take it into consideration for your next session.

You'll be given a fresh chilled bottle of water to take with you immediately after your session, but it's good to drink at least half of your daily water recommendation before you retire for the evening. (The amount of water recommended daily is a simple formula: take your body weight in pounds, and divide in half. The resulting number is the number of ounces of water you should drink daily. And only water counts toward this number.) Massage increases circulation, which helps flush irritating waste products and other toxins from tight muscles and other tissues. Drinking water will help this process and will also minimize soreness and fatigue.

You will definitely want to schedule some downtime and take it easy after your massage. This is a good ritual to develop, but it's particularly important if you haven't had massage before, or if this is your first one in a while. You may want to relax in a hot bath with Epsom salts and lavender, drink some chamomile tea, read a good book, or maybe just retire early for the evening and catch up on some deep, much deserved restful sleep.

## Self-care on a regular basis...

Remember to stretch, slowly and regularly. If you're getting massage for pain management, stretching is even more essential for you. How often you stretch is more important than how long you spend stretching. One of us may make self-care recommendations for you to do certain stretches. These are important, as they lengthen certain specific muscles. Stretching these muscles will help correct any biomechanical imbalance that is contributing to your pain, stiffness, or soreness. Also remember to apply heat or ice, whichever we've advised. To further speed your healing, you may want to walk or do some other gentle movement.

Exercise regularly. This doesn't mean you have to join a gym or pound the pavement in the hot summer. It also doesn't mean you have to invest extra time you don't have. Simple light walking on a treadmill while engrossed in your favorite book or watching C.S.I. will work just fine. Park a little further away from the grocery store entrance. Cleaning the house on the weekend works beautifully. These little things add up nicely, without being difficult or inconvenient.

Take time for quiet time for you, when you can relax by yourself. Even if it consists of weeding your garden, an easy walk after dinner, or some deep calm breathing just before you fall asleep. Simply relax and just be. Schedule this time for you on your calendar, if need be. You deserve it!