



Complementary Therapy After Care Advice.

Following or during a Holistic Therapy Treatment you may experience some of the following symptoms, which should clear in 48 hours. These are nothing to worry about, but are all part of the Healing Process & the Toxins being released out of the Body.

Contra –actions (Healing Crises) :-

1. May feel aching or sore Muscles during the Treatment, due to Toxins being released.
2. During the Treatment may feel emotional.
3. May feel really relaxed.
4. May feel really tired.
5. May have a Head-ache.
6. May feel dizzy or sick.
7. May need to go to the Toilet more.
8. Appetite Increase / Loss of Appetite.
9. May feel irritable.
10. May feel more energetic.
11. May affect normal Sleep Patterns.
12. Increased Mucus flow in Nose or Mouth.
13. Skin Changes & reddening of Skin.

After Care Advice following a Holistic Therapy Treatment.

If possible in order to help the Healing & Detoxifying Process following a Treatment :-

1. Wait for about 10 minutes before driving Home, especially if feeling sleepy.



2. Drink plenty of Water or Herbal Teas to help speed up removal of toxins from the Body.
3. Limit or don't have any Alcohol, Tea, Coffee or Coca Cola for 24 hours afterwards.
4. Avoid heavy meals to stop energy being diverted away from the Healing Process.
5. Relax & take it easy.
6. Avoid Smoking for 24 hours.
7. Go to Bed early especially if you feel tired after the Treatment.
8. Please refrain from having a Bath / Shower / Sauna for 24 hours after Treatment to allow the essential oils used to be thoroughly absorbed by the Skin.
9. Please do not sunbathe or use Sun beds for 24 hours after Treatment as some oils are photo –toxic & may cause the Skin to burn.

Next Appointment		
Date	Time	Type of Treatment