

Hand on Sole

REFLEXOLOGY & HEALING AFTERCARE AND TAKEAWAYS

I hope you enjoyed your reflexology treatment and are now feeling a sense of wellbeing and relaxation, calmer and more energised.

A key benefit of reflexology is to improve your wellbeing by returning your body to its natural state of balance. Reflexology promotes your body's own healing process and should reduce stress, promote relaxation, improve your circulation, balance your energy and emotional systems, boost and strengthen your immune system, eliminate toxins and help create a stronger body and calmer mind.

Please note the effects of reflexology are unique to each person and your body's response to treatment will be individual to you. Some people respond to reflexology more quickly than others and notice an immediate improvement in their symptoms. Others, with longer term problems and ailments are likely to require more sessions. Most people usually notice a difference after 4 treatments.

You may notice that you feel more tired, that some of your symptoms feel worse for a while, you have a headache, you feel emotional, or that you need to go to the toilet more often. Please do not worry as these are all positive signs that your body has responded to the treatment and beginning the healing process. Any side effects should pass within 24-48 hours. If you are worried please give me a call.



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There are a few things you can do support yourself in the days following your treatment. This will maximise the effects of your treatment and minimise the potential for a healing response.

GOOD HYDRATION:

Drink plenty of water as this will help keep you hydrated and flush out any toxins from the body and improve energy levels. The best way to do this is to sip water throughout the day or drink herbal teas. If you don't like water so much, try adding a slice of lime, lemon or even cucumber or fruit to it such as pineapple or strawberries..

AVOID STIMULANTS:

Try to avoid drinking stimulants like tea, coffee and alcohol after your treatment as these will reduce the effectiveness of the treatment.

GOOD NOURISHMENT:

Enjoy a light diet for the rest of the day to allow your body to put its energy into healing. Try and eat healthy with plenty of fresh fruit and colourful vegetables.

BREATHE, REST AND RESET:

Try and rest as much as you can after the treatment to allow your body time for self-healing and help the treatment work to its full potential and be sure to indulge in a good night's sleep.

JUST A NOTE:

Sometimes you can feel emotional, irritable or a weepy after a treatment, or suddenly burst into fits of uncontrollable giggles. These are all normal but it's worth noting down how you feel, especially if your next appointment is a month away! I ask how you were after your previous treatment when you have your next treatment and it's so easy to forget these things if you don't write them down.

Do something you enjoy each day and implement a daily 'happy hour' just for you.

There are countless services available for free on YouTube, or on streaming services such as Spotify that play relaxing calming sounds.

HERE ARE SOME EXAMPLES:

Try different breathing exercises such as deep breathing to calm and rebalance you, especially when you are feeling stressed and anxious.

Try Meditation or Mindfulness for relaxation and to reduce any stress or anxiety.

CONNECT WITH NATURE

Why not sit in your garden or local park, go for a walk or run and look at the trees, flowers, and listen to the birds. Try this in the morning to expose yourself to natural daylight. It can help you wake up.

CONNECT WITH OTHERS.

Go for a coffee with a friend or partner or phone a friend for a catch up.

IMPROVE YOUR SLEEP

Review your bedtime routine to maximise your sleep and rest

DAILY HAND REFLEXES:

It can be helpful to optimise the effects of your reflexology treatment by working the hand reflex that you have been shown. Try and do these for 5 minutes every day.

HAND REFLEXOLOGY: A TASTER SESSION <https://youtu.be/1OeEgMKgMMc>

Don't forget to book your next appointment to support your wellbeing journey.



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