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**Aftercare for Massage, Hopi Ear Candle & Facials**

**After Your Treatment**

* These treatments are very relaxing and as such can cause some feelings of lethargy, tiredness and on occasion, lightheaded sensations.
* Drink plenty of water to help flush through released toxins from the body
* You may experience a headache as the toxins are released. Drinking water will help reduce this
* Take a nap if you experience a hard to shift headache
* Book another treatment roughly 1 to 8 weeks apart depending on the advice from your therapist.
* Depending on the intensity of the massage and your own health, you may experience some bruising, apply

Topical arnica oil to ease bruises quicker.

Any concerns at all please call us on 01522 394618