



Vitality

Natural Health and Wellness Center

“The path to a healthier, more vital you.”

In The Hours After Your Massage

After your massage, you may notice profound changes in your body and mind. Here are some things that have helped many people get the most from their massage.

- 1. Drink extra water.** During a massage circulation is improved, which helps flush irritating waste products from stressed muscles and other body tissues. Drinking water aids in the removal of these waste products and improves the functions of the kidneys. It is also noted that drinking extra water may help to reduce soreness and fatigue after a massage and improve the function of the whole body.
- 2. Relax and take time to breathe.** Schedule time to take it easy after your massage. Rest if you feel the need. If you can, take a nap or go to bed early. If you haven't been sleeping well, receiving massage may relax you enough that you will want to turn in early and catch up on some rest.
- 3. Rejuvenate.** Following a massage, some individuals may experience rejuvenation and increased mental clarity. Massage relieves stress and tension and promotes a sense of well-being that allows individuals to be able to better cope with day-to-day situations. An increase in circulation can also relieve mental and physical fatigue, which can lead to a sense of renewed energy and ambition. As mental strain is reduced, individuals may experience better productivity, renewed confidence and increased control.
- 4. Stretch, ice or apply heat.** If the focus of your massage was on a particular injury or body part remember to stretch, ice or apply heat to that area with the advice of your practitioner. In addition, you may want to do some gentle movement, such as walking, to mildly encourage your muscles to work in a balanced and efficient way to remove metabolic waste from the tissues.
- 5. Take a hot shower or bath.** Some individuals may experience some soreness for 24 hours or so following a massage. If you do feel sore or think that you might feel sore, stretch gently in a hot shower or take a warm bath with Epsom salt. Be sure to tell your massage therapist about your experience so that it can be taken into consideration for your next massage session.

If you have any questions or concerns, please call
Vitality Natural Health and Wellness Center at 814-720-4825.

***Thank you for your business!
We look forward to seeing you at your next massage session.***