

Reflexology Aftercare Advice

Thank you for visiting me for your reflexology treatment today. I hope you enjoyed it. As part of your ongoing treatment and care, you should be aware that you may experience a range of physical symptoms and/or emotions over the next 24 to 48 hours as your body responds to the treatment.

These reactions could include feeling cold, tired, thirsty or emotional, a mild headache or skin outbreak, needing to go to the toilet more frequently or even a brief flare-up of a previous or existing health condition. Equally, you may feel full of energy, deeply relaxed or may simply have a very good night's sleep! Everyone reacts differently to reflexology but any adverse reactions to the treatment are likely to be the result of positive healing activity and a sign that your body is eliminating toxins.

However you react, in the hours following a treatment you should try to increase your fluid intake, get plenty of rest and ideally avoid spicy foods and stimulants such as tea, coffee and alcohol. Also, try to avoid eating a heavy meal or participating in strenuous exercise for at least an hour after treatment. Be careful if driving as reactions may be slower.

If you have had facial reflexology or a facelift massage, try to avoid showering or applying make up for at least an hour after treatment to allow the skin to breathe and get maximum benefit from the organic facial oils used.

As the effects of reflexology are cumulative, a course of treatments may be necessary in order for you to get the best results. The total number of sessions and their frequency will depend on your individual circumstances and why you are having reflexology – people naturally respond differently to treatment and some conditions require more time to achieve results than others. After completing a course of reflexology for a specific condition, many people find it beneficial to continue with regular treatments in order to maintain health and well-being. Obviously, if you are having reflexology purely for relaxation purposes, you may have a treatment as often as you wish.

With facelift massage, you may well see results after the first treatment. As blood flow to the skin is increased and the nerve supply stimulated, your complexion will look more radiant and glowing and puffiness will be reduced. Over time and with regular treatments, skin will look fresher, tighter and more contoured.

Your personal information

In order to provide you with professional and individually tailored treatments, I need to gather and retain potentially sensitive information about your health. I will only use this information for the purpose of carrying out treatments and making associated recommendations concerning your health and wellbeing. A full copy of my Privacy Notice under the General Data Protection Regulation (GDPR) can be found on my website at www.relaxingfeet.co.uk/privacy-notice. If you do not wish to receive marketing emails from me, you can unsubscribe at any time by emailing me at jeanette.barsalini@btinternet.com

Should you have any questions or concerns, please do not hesitate to contact me at:

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