

# Breathe

SKIN BODY MIND

## Body Treatment Pre & Post Care

Please note that our massage & body treatments are for relaxation purposes only. If you have an injury, please refer to your chiropractor/physiotherapist/ doctor.

### Pre-Treatment

- Keep hydrated before the appointment.
- Remove and leave all jewellery at home.
- Do not apply any products to your body before the appointment.
- Tell your therapist if you have any physical injuries to be aware of.
- Tell your therapist if you do not want a body part massaged.

### What To Expect

- For your comfort, our massage beds have face cradles, and linens are set to provide full body coverage before treatments.
- Our therapists are trained to drape you for privacy appropriately.
- Your therapist will leave the room for you to get undressed/ dressed and will instruct you how to lay on the bed. You may also leave your undergarments on if you wish.

### Post Treatment

- Drink plenty of water post-treatment: Massages are quite dehydrating as they take place in a warm environment, and built-up toxins are released.
- Relax your mind post-treatment: Play some peaceful music, meditate, read a book, and take some time to yourself to become one with your mind and body.
- Avoid alcohol, caffeine and carbonated drinks for 12 hours post-treatment.
- Avoid strenuous activity 12-24 hours post-treatment.
- Gentle stretching or going for short walks is recommended.
- Correct your posture and listen to your body.
- Relaxation massage treatments work best when performed regularly.

## Maintain Your Results

-During your body treatment/ massage, we use Ginger & Me products and recommend you use them at home too.