

BRIGHTON REFLEXOLOGIES

AFTER CARE REACTIONS AND ADVICE

The effects of Reflexology are unique to each person. Most people experience a sense of wellbeing and relaxation, others find it uplifting and energising. In a few instances, you may experience a temporary worsening of your symptoms, or you may feel emotional. You can be reassured that these symptoms will pass within 48 hours.

You are experiencing a 'healing crisis,' a positive sign that your body is reacting to the treatment and beginning the process of rebalancing.

POSSIBLE REACTIONS:

After a reflexology treatment it is possible to experience one or more of the following:

- feeling extremely relaxed
- sleeping soundly
- feeling hot or cold
- a temporary worsening of your symptoms
- feeling emotional or upset
- a headache
- feeling irritable or restless
- increased thirst
- increased urination
- increased energy

TO SUPPORT YOUR BODY:

- Drink plenty of water for the rest of the day to help hydrate your body, help the elimination of toxins in your body, reduce the possibility of headaches and improve energy levels.
- Allow yourself to rest after the treatment, if possible and avoid strenuous exercise for 24 hours.
- Eat a healthily, and preferably choose a light meal.
- Avoid tea, coffee and alcohol for 24 hours as these are stimulants and will reduce the effectiveness of the treatment

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