

## Korean Hand Massage – Home Care Advice



- Drink plenty of natural, still water or herbal teas, within the first 24 hours after treatment. This will promote the elimination of toxins and should prevent the occurrence of post treatment headaches.
- Eat a light diet to help the cleansing process. Fruits and vegetables, raw if possible are ideal. This may be a good time to re-think dietary habits.
- Allow yourself to rest after treatment, both mentally and physically. This encourages the healing process. A warm bath with relaxing music would be ideal.
- Let your body tell you what it wants to do. e.g. If you feel tired, have a sleep, If you feel energetic, go for a light walk.
- Have regular treatments. Remember prevention is better than cure. Once you show signs of improvement we will continue to work with you to keep harmony and balance already achieved. A regular treatment, depending on your timetable, will stop future stress accumulating.
- Make a note of any reactions you may have after the treatment for up to 12 hours, so that the Therapist can be aware of how your body has reacted to the treatment.

### **Possible Healing Reactions**

- **Aches and Soreness:** This is due to the release of toxins, the nerve fibres are responding to the massage /stimulation undertaken.
- **Tiredness:** This is due again to the release of toxins, which flood the system. Due also to the initiation of healing energies, which requires the body to rest in order to help the healing process. The tiredness experience after the massage is usually replaced by an invigorated and refreshed feeling soon after the treatment.

*If you do experience any of the above, don't worry these contra actions are quite normal, they will soon pass. But if you do have any concerns please feel free to contact me.*