

## **After Your Massage**

One of the beneficial effects of massage is that toxins are released from your muscle tissue into the lymph and circulatory systems. Drinking plenty of water (at least one or two tall glasses) after a massage helps flush these waste products from your system.

Even though you were lying comfortably relaxed during your massage, your muscles were getting a workout. It is not uncommon to feel very relaxed and even a little tired following a massage. It would be beneficial to take it a little easy for the rest of the day. Your body may continue to relax further for the next 24 to 48 hours. This is probably not the best time to run a marathon or engage in any unusual and strenuous exercise.

Rarely, some people may experience some achiness or exaggerated tiredness following a full body massage, especially if you have been under prolonged stress or are not accustomed to massage. If this happens to you, please let your therapist know about it. She can modify her technique or the length of your next massage to prevent this from happening.

If you experience any other unexpected symptoms, please do not hesitate to call me at 577-8665. I am happy to answer your questions at any time.