



MAGENTA THERAPY:

Holistic Therapies for optimum health and well-being in Lowestoft, Suffolk

GENERAL ADVICE & AFTERCARE

Holistic therapies work alongside traditional medicine, not as a replacement or cure, and any major health and medication decisions should be discussed with your GP. Some health conditions are contraindicated (meaning you will not be able to have a treatment). These include: **DVT/PE, Cellulitis, Notifiable and Infectious Diseases and imminent medical tests**. Other conditions may require a GP's consent or adaptations to the treatments. Please be sure to disclose any conditions to your therapist.

PREPARATION

Please ensure that you have clean feet, especially, for Reflexology and clean hair for Indian Head Massage. It is not advisable to eat a heavy meal or exercise vigorously prior to or after a treatment. You may be refused treatment if under the influence of drink or drugs. Underwear must be worn at all times

If you are on medication then please bring details of this to your appointment. All client information will be kept strictly confidential.

WHAT TO EXPECT

During the treatment:

- Try to relax, close your eyes and breathe deeply
- Although you may feel like chatting to your therapist, you will gain more positive benefits if you remain in a quieter, more reflective state

Directly after the treatment:

- Avoid any heavy meals, too much alcohol or caffeine or a very late night
- Drink plenty of water (preferably filtered or bottled) and/or herbal tea
- You may feel tired or drowsy immediately after a treatment but this is a natural reaction to the detoxification process and you should feel more energised the next day.
- Other possible reactions include headaches, nausea, increased urination or bowel movements and perspiration but these should be temporary and will pass in due course.

In general:

- Try to follow a healthy fresh food diet where possible
- Regulate/reduce your alcohol, nicotine and caffeine intake to aid the detoxification process
- Find some time between treatments for rest and relaxation.

NOTE: If you are diabetic or on any strong medication, then it is advisable to monitor levels e.g. blood sugar before and after bodywork treatments as sometimes minor fluctuations to your normal levels can occur.

On a more spiritual level, a healing session can sometimes cause suppressed emotions to come up to the surface in a cleansing cycle. It is recommended to allow this process to unfold and have plenty of rest and reflection time until it passes.

ESSENTIAL OIL TREATMENTS AFTERCARE

AromaFlex is a combination of Reflexology and Aromatherapy and as such is a safe, non-invasive relaxation therapy. The essential oils that have been used for your treatment today have therapeutic properties that will continue to work for 24 hours following your treatment. Therefore, I advise that you do not bathe, shower or swim for several hours to allow the essential oils to give maximum benefit. Some oils may make your skin sensitive to sunlight so it is best to avoid sunbathing or sun-beds until you have removed the oils from your skin. In addition, hair dye and tattoos can sensitise the skin and interact with the oils causing reactions.

If you react in any way to the oils, please wash them off with soap and water and pat dry. React in a similar way if you have a reaction to any of the oil blends used in Massage treatments. Contact me on 07595 190255 to let me know you have had a reaction so I can make a note in your records. If symptoms worsen or persist for longer than 24 hours, please seek medical advice.