



Massage Pre and Post Care

Pre-Massage

- Shower the same day as your appointment.
- Reschedule if you have any active skin infections.
- Be prepared to discuss your desired sore areas, pressure and aromatherapy preferences to customize your experience.

Post Massage

- You may be sore for a few days after your massage.
- You can take over the counter pain medication as needed.
- Apply warm or cold compresses to sore areas.
- Massage is recommended every few weeks to achieve optimal results.
- Drink plenty of water after your massage.
- Stretching (a list of stretches can be provided upon request) and regular exercise will prolong massage benefits.