

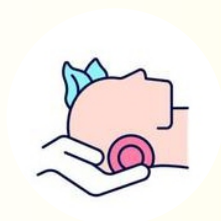
Things to Do After a Massage

1. Hydrate again – Helps to flush out 'toxins released during the massage.



2. Rest – Allow your body to recover and absorb the benefits.

3. Eat a light meal – Refuel your body but avoid heavy, greasy foods.



4. Take a warm bath or shower – Continue relaxing your muscles.

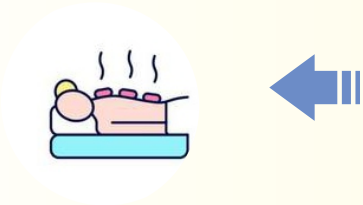
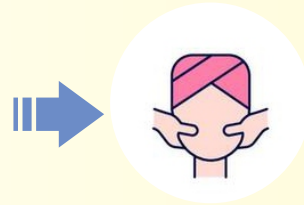
5. Apply heat or cold – Use ice packs or heat pads for any soreness.



6. Avoid strenuous exercise – Give your body time to heal.

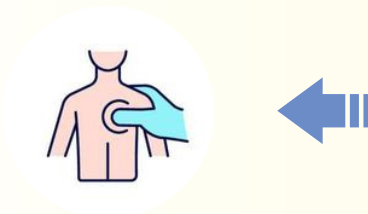
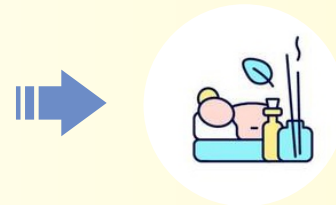
Call 605-574-1998 To Book Free 15 Min Body Pain Relief Consult
Sched Calendar Here: <https://calendly.com/gracefultouch>
1 Per Person - NA W/ Other Offers

9. Do gentle stretches – Keep the muscles loose and flexible.



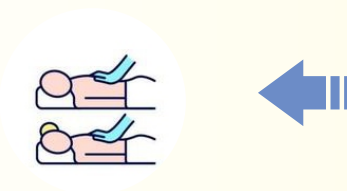
10. Book your next session – Plan future massages to maintain benefits.

11. Monitor any soreness – Mild soreness is normal, but severe pain should be noted.



12. Take a nap – Sometimes the body needs extra rest after a deep massage.

13. Pay attention to your body – Notice how your muscles respond to the treatment.



14. Stay in a relaxed environment – Extend the relaxation period by staying calm.