



Pure Perfection aftercare advice

We are passionate about sharing our knowledge so you can receive the best out of your treatment.

Massage

Please read the guidance below carefully if you have booked in for a massage session with Pure Perfection Beauty.

Please note, however, that the advice is not a substitute for the advice of a medical professional, but merely assistance to help you get the best from your treatment(s). If you have any questions at all, please do not hesitate to get in touch.

Aftercare

The following advice should be taken following a massage:

- Avoid alcohol for at least 24 hours, as massage is a detoxifying treatment
- Drink plenty of water to assist in the elimination of toxins from the body
- Eat a light diet to assist the detoxification and healing process
- Get plenty of rest. You may feel tired after treatment
- Gentle exercise – postural exercises can help with muscle tension as well as exercises that will assist with mobility. Yoga is a suitable and gentle option.
- Do breathing exercises to assist with taking in oxygen to your fullest capacity
- Research the possibility of treatment options to assist with stress and other conditions, if necessary.

Contra-actions (healing)

Occasionally, you may experience any of the following reactions up to 24-48 hours after treatment; this is known as a contra-action and is the body's response to the treatment:

- Headache
- Dizziness or nausea
- Disrupted sleeping pattern
- Muscles may feel tired and achy
- Increased urination or passing stools
- Increased thirst
- Fatigue

These reactions are uncommon but perfectly normal and show that toxins are being expelled from the body, so that it may re-balance and cleanse itself.

N.B. In the unlikely event that you experience any severe pain or discomfort, please seek advice from your GP.

We will look forward to seeing you on your next visit

Kind regards PP team