



# Aftercare Advice

## How can I expect to feel following my treatment?

Everybody responds differently to reflexology treatments. However, the overarching aim is to enable each client to rebalance, relax and reach a state of homeostasis, enabling his or her body to heal.

This state can happen at different rates for each person, whilst some might need several sessions, others will need a longer course of treatments to feel the full benefits.

Occasionally, you might experience a response after a treatment but how this manifests varies widely.

You may feel or notice:

A sense of feeling wonderful

Increased Urination

A change in bowel movements

Tiredness

Temporary discomfort and pain

Appetite changes

Mild headaches

skin changes

Emotional responses

Changes in dreams and sleeping patterns

A healing response

Remember all responses are positive for they show that the treatment is working!

All responses should pass within 24 to 48 hours.

## What should I do after receiving treatment?

- Ensure that you drink plenty of water to help flush away waste products and keep your body hydrated.
- Avoid drinking tea, coffee or alcohol.
- To get the most out of your treatment try to rest and take things easy for a little while afterwards.
- Take a walk or alternative gentle exercise to help keep the circulation flowing well.
- Eat plenty of whole foods, fresh fruits and vegetables.

**If you are at all worried after a treatment please contact me to discuss your concerns.**

**Please take the time to leave a testimonial on my Facebook page or give feed back on my website. Thank you.**

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