

**After your session...**

It is important to drink extra water. Massage releases waste products and toxins from your muscles. Increasing your fluid intake lowers this toxicity and lessens the strain on filtering organs.

**Epsom salt bath** - 2 cups in tub soak for 20 minutes or hot shower will also help with the release of any toxicity and will help your muscles and nervous system to continue releasing and relaxing.

If you have had an injury, or came into your massage session with a lot of pain but you are now feeling a great amount of relief, then please be careful! This is a time when you can easily overdue and re-strain or re-injure yourself. If at all possible it is best to allow some quiet time and rest before you continue your busy life.

**Ice and Heat Therapy**

The application of either heat or ice is considered standard in the care of massage therapy. The question is "Which one do I use?"

**General Rule:**

Ice for the first 48 hours after an injury.

Ice or heat thereafter, as discussed below:

**Ice Therapy**

Cooling an injured area is the treatment of choice for an acute injury. For the first 48 hours after an acute injury ice treatment is the recommended form of therapy. The ice helps relieve the pain and helps prevent swelling. If one can both apply ice and elevate the injured area, swelling and pain will subside.

When icing an injury, choose a cold pack, crushed ice or a bag of frozen peas wrapped in a thin towel to provide cold to the injured area. Never apply ice directly to the skin. Too much ice can do harm, even cause frostbite. It is best to alternate ice for 10- 20 minutes of direct application, followed by 20 minutes without ice. This can be done continuously if desired.

**Contrast heat and cold**

For the first 48 hours following an injury cold treatment is recommended. After this initial period, the most beneficial form of thermal treatment is alternating ice and heat. First apply ice to the area for 2-3 minutes. Follow the ice by heat applied for 5-10 minutes, and repeat a few times. This alternating of heat and cold helps to speed up healing to injured tissue.

**Heat Therapy**

Heat therapy is used after the first 48 hours has passed from the time of injury or for an ongoing chronic condition. Heat can help loosen tissues and relax injured areas bringing increased circulation to the area and speeding up healing.

Heat can be applied by using a hot water bottle, heating pad, or hot wet towel for up to 20 minutes at a time. Never apply heat while sleeping.

**Before your next session...**

Make note of anything that occurs between sessions to bring up next time.

Make your massage results last by avoiding as many stressful elements as possible.

If you have any questions regarding your massage session or your health, feel free to call in and ask.

Schedule your next appointment! When you make massage a regular part of your life, you are helping your body to maintain a better state of balance. In the long run, you stand to enjoy much better health gains through consistent sessions.