



**Debbie C. Hanna**

***VTCT Registered Practitioner***

**Mobile: 07857 349 561**

## **AFTER CARE LEAFLET**

### **REFLEXOLOGY**

### **INDIAN HEAD MASSAGE**

### **THERMAL AURICULAR THERAPY (Ear Candling)**

### **AROMATHERAPY BODY MASSAGE**

During the different treatments, the massage movements that are used release unwanted and excess toxins from the body. Consequently, following a massage treatment it is possible the body may experience what is known as a 'Healing Crisis'.

Over the next 12-24 hours, it is quite normal for you to experience any of the following:

- Runny nose
- Cough
- Increased perspiration
- Increased visits to the toilet
- Deep sleep / difficulty sleeping / vivid dreams
- May suffer a headache
- Increase in mucous as the sinuses are drain – this happens particularly following Indian Head Massage or Ear Candling
- Some conditions which may have been suppressed (i.e. a cold) may flare up temporarily before they get better
- Slight skin rash as the body rebalances itself
- It is also quite natural for you to sometimes feel weepy

To help the 'Healing Crisis' along over the next 12-24 hours, it is advisable to do the following, as these will help the toxins to be released from the body:

- Drink plenty of water
- Eat light meals
- Drink herbal teas or fresh juice

You will help your body benefit most from the treatment if you are able to avoid the following over the next 12-24 hours:

- Avoid alcohol, coffee, colas etc.
- If you are experiencing problems with your sinuses, reduce your dairy intake
- Avoid using sunbeds, saunas and direct (hot) sunlight (Aromatherapy only – as some oils are phototoxic)
- Avoid swimming or other water sports (Ear Candling only)
- Avoid washing the area that has been treated – this will allow the massage to take full benefit

And more importantly -

*Take time out for relaxation*

Should you have any queries, please do not hesitate to contact me.

