

Post Massage Information

Areas that were worked deeply during your massage may be sore tomorrow. (This may or may not occur as we are each different.) Should it occur though, it is not an unusual response. The muscles have been “manipulated” in an effort to get them to relax and this can lead to some temporary soreness; not unlike the soreness you might experience the day after starting an exercise program.

Please drink the water provided. It’s a good idea to drink extra fluids the day after a massage (unless prohibited by your doctor) as this aids in the elimination of waste products released from your muscles.

Regular massage can help maintain a level of relaxation and muscular tone that lessens the need for the deep pressure of the occasional massage session.