

The Fascia Heeler

Massage Aftercare Instructions

✦ *Hydrate*

Massage can be dehydrating. The manipulation of muscles can deplete them of water. By drinking water, you can rehydrate your muscles for the same reason you'd drink water after exercise and other forms of exertion because when the muscles are worked, they can lose water and electrolytes. Drinking water will get rid of the weakness, lightheadedness, or dry mouth you may feel after a massage, and also eliminate that "sick" feeling you may experience afterwards.

✦ *Eat Up*

After your massage, be sure to have a snack handy. Massage boosts the circulatory system, which can also increase other bodily functions, including digestion. Have you ever felt lightheaded after a massage? That could be because your body needs an energy infusion. It could also be due to dehydration, feeling slightly drowsy, or having low blood pressure. Remember that blood pressure decreases as the body relaxes during a massage. A snack to provide an energy boost is definitely something to incorporate into your massage aftercare routine.

✦ *Relax and Have a Bath*

After a massage, nothing is better than a warm, relaxing bath after 30 minutes. Adding some Epsom salts can help ease any aches and pains; the magnesium in the salt absorbs through the skin while the heat opens up your blood vessels, improving circulation. You can find them at most supermarkets or pharmacies – or just take a warm bath without them.

If you don't have a bathtub, even a warm shower can work wonders. Just be aware that too hot of a bath increases inflammation, which is not ideal after a massage.

For inflammation relief (including swelling), use an ice pack instead. Wrap it in cloth and apply it to the area for ten minutes, then take it off for 10 minutes – this helps reduce inflammation pain by numbing the area. You can repeat this process; just remember to give your body those breaks in between. The cold will constrict blood vessels and reduce swelling by reducing blood flow to that area. Leaving the cold on too long will actually cause your body to increase blood flow – counteracting what we're trying to do – so be sure to follow the 10-minute on/off pattern.

✦ *Take It Easy*

Beyond taking a bath, other forms of relaxation are vital after a massage. Your muscles have been manipulated and worked on during the massage, and it is important to give them time to rest and recover. Unwind with a book or some TV.

✦ *Let Your Emotions Flow*

During and after a massage, you may experience different kinds of emotions. Feeling refreshed and energized is natural, but it's also common to feel the need to cry. Don't worry, this is normal. Massage helps activate the parasympathetic nervous system which lowers the levels of stress hormones (like adrenaline and cortisol) and increases serotonin, dopamine, and oxytocin – the 'hugging' or 'love' hormone. The lowered stress barriers might make you want to release emotions that have been bottled up. Don't fight it. Instead, let yourself release those feelings.

✦ *Stretch Lightly*

After a massage, gentle stretching helps to increase blood circulation and improve the absorption of nutrients needed for tissue healing. It can also help to prevent stiffness, tension, and soreness by restoring your muscles and increasing flexibility. Additionally, it stimulates the release of endorphins, which further reduce muscle tension and support relaxation. Studies have shown that stretching increases range of motion and mobility while reducing injury risk.

✦ *Wear Loose Clothing*

Finally, it is also important to avoid tight clothing after a massage. Tight clothing can restrict blood flow and disrupt the natural healing process. Instead, wear loose, comfortable clothing to allow your body to breathe and move freely.



What to Avoid Post-Massage

✦ *Alcohol and Caffeine*

If you're tempted to enjoy a glass of wine or your favorite spirit after your massage, opt for water instead. Alcohol can interfere with the body's normal processes for retaining hydration and balance. Choosing water over wine will help replenish fluids and electrolytes that you lost during the massage.

Additionally, avoid caffeinated drinks like coffee, tea, and energy drinks. They can cause dehydration because they act as diuretics, meaning they increase the amount of urine produced by the body. This causes a loss of fluids and electrolytes, leading to dehydration if not replaced.

✦ *Strenuous Exercise*

Avoid any heavy physical activity or strenuous exercise for at least 24 hours after the massage and try to avoid sitting or standing in one position for too long. Instead, opt for light exercises like walking or yoga. This will allow your body to slowly build back its strength and flexibility without placing too much strain on your muscles. A hard workout will only cause more inflammation and tension in your muscles, which can lead to further discomfort.

✦ *Extreme Heat*

Steer clear of saunas, hot tubs, steam rooms or any other source of intense heat for at least 24 hours post-massage. Doing so will prevent dehydration and give your body time to adjust after the massage. Additionally, heated environments can cause blood vessels to dilate and increase inflammation to a level that could be too intense for your body. Give your body time to rest and recuperate from the massage before exposing yourself to any kind of heat.



I HOPE YOU ENJOYED YOUR SESSION WITH ME!

I recommend scheduling regular sessions with me every 2-4 weeks.

THANK YOU & BE WELL.



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