Before & After Care

Small habits around your session make a big difference in how you feel, and how long it lasts. Here's what to do, and why it works.

Before your session

01 **Hydrate through the day**
Well-hydrated tissue is more pliable, so pressure can reach deeper with less effort.

02 **Eat light, 1–2 hours before**
Lying face-down on a full stomach is uncomfortable, and digestion competes with relaxation.

03 **Arrive 10 minutes early**
Rushing keeps your nervous system in fight-or-flight. A few calm minutes helps your body let go faster.

04 **Skip the hard workout right before**
Fatigued muscles guard and brace. A light walk or warm-up is fine.

05 **Tell me about injuries, conditions & meds**
Blood thinners, recent surgery, pregnancy and skin conditions all change which techniques are safe for you.

06 **Speak up about pressure**
There's no wrong answer. Your body relaxes best when the work feels good, not like something to endure.

After your session

01 **Stand up slowly**
Your body shifts into rest-and-digest mode, and blood pressure can dip. Give yourself a moment.

02 **Keep drinking water**
Rehydrating helps you feel less sluggish and supports tissue recovery.

03 **Move gently**
An easy walk or light stretching helps muscles hold the length and release you just gained.

04 **Use warmth for tenderness**
A warm bath or heating pad calms general soreness and keeps tissue relaxed.

05 **Expect mild soreness for 24–48 hours**
It's normal after deeper work, like after a new workout. It should ease each day, not get worse.

06 **Cupping & gua sha marks**
Marks are expected and usually fade within several days to about a week. Mild tenderness is normal.

07 **Save intense training & alcohol for tomorrow**
Give your body the rest of the day to recover and absorb the work.

Reach out to your doctor if you notice:
Pain that gets worse after 48 hours · numbness or tingling that doesn't go away · unusual swelling · bruising you didn't expect. For anything else, message me through MassageBook or email NidraMassageLV@gmail.com.

Ready for your next session?
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General guidance, not medical advice.