

Aftercare following your reflexology treatment

it's important to allow your body time to adjust and respond to the treatment.



Drink plenty of water



Rest and relax for the remainder of the day



Avoid alcohol and a heavy meal for a few hours



Avoid exercise for a few hours

Occasionally, you may notice mild reactions such as a headache, emotional release, or increased urination; these are usually short-lived and a sign your body is reacting to the treatment and eliminating toxins. If you have any questions or concerns after your treatment, please don't hesitate to get in touch.



Teresa