

Aftercare Information & Advice

General Advice

To maximise the benefits of your treatment today, and to aid your body's natural healing processes, we would like to advise that you:

- **Drink plenty of water**, as this helps the body flush away excess toxins and any waste released during your treatment.
- Whilst not always possible, try to **relax and take things easy** for at least a short time following your treatment, which will allow your state of relaxation to remain and your body to continue the process of natural healing.
- Please **take care if you are driving or returning to work** immediately after a treatment.
- **Avoid eating a heavy meal for up to 2 hours** after your treatment as blood will be diverted to aid digestion rather than carrying oxygen and nutrients to other parts of the body to aid getting rid of any excess toxins and waste. A light snack is fine.
- **Avoid stimulants** such as coffee, tea and cola, and if you can't avoid them please compensate by having an extra glass of water afterwards.
- **Avoiding alcohol** is important, as well as **avoid smoking** if possible, for up to 24 hours.

Contra-actions

A contra-action is a reaction to treatment either during or after a session, and as everybody is different the responses to treatment will vary for each individual. Responses can occur during a session, immediately following the treatment, or any time up to around 48h afterward. Please note, it is extremely rare for a person to have an adverse reaction to Reiki, Reflexology or Indian Head Massage treatments.

Any sign of a contra- action is a good indication the treatment is working. After Reiki, Reflexology or an Indian Head Massage, the body will begin to release toxins and waste. Your health and any medical conditions you may have will determine how strong any contra-action might be, if any. In some instances, it may take several treatments for some of these to subside.

You will feel very relaxed after a treatment, however sometimes either during or after your treatment you may experience the following: feeling exceptionally tired; feeling emotional; dizziness, nauseous, have a headache or experience general aches and pains; disturbed sleep or even have deeper sleep; possibly increased mucus in the nose; or, a need to urinate more frequently. Although you may not experience any of these reactions you should be aware they might occur.

These reactions are normal and are called the 'healing crisis', which is where the body is reacting to the flushing out toxins and waste and is starting to re-balance itself; and as said, this is a good thing and an indication the treatment is working. Don't be alarmed if you do experience any of these reactions, they won't last long. However, if you do have any concerns, then please don't hesitate to get in touch as soon as possible.

Additionally, just to remind you, complementary therapies should not be used as a substitute or direct alternative to orthodox medical treatments or healthcare, and you should always continue to consult with your doctor or other medical professionals in relation to your health and wellbeing.

Thank you for choosing Tranquil Mind UK - we hope you very much enjoyed your experience. You may be sent a feedback questionnaire, but you can also provide feedback on our Facebook page, or our listings with Yell.com and Google Maps.

Best wishes

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