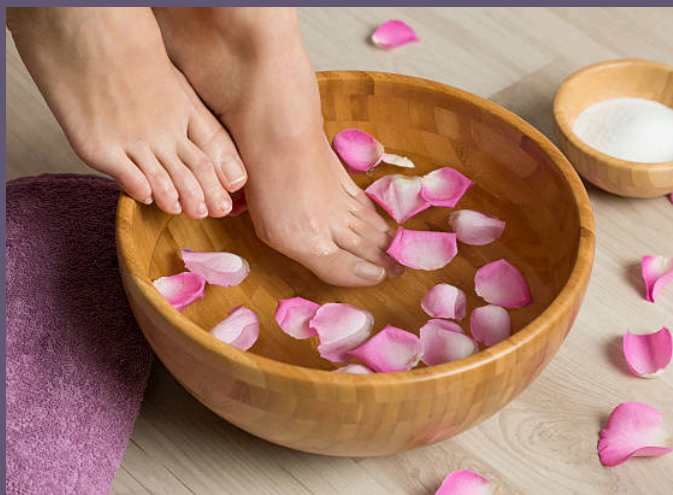




BAREFOOT IN BIDEFORD  
REFLEXOLOGY

## REFLEXOLOGY AFTERCARE

Give yourself time and space to  
relax and heal



Time spent  
healing and  
growing is  
never  
wasted

### Contact Information

**Esther Cadwallender**  
**07790838985**

[ecadwallender@hotmail.co.uk](mailto:ecadwallender@hotmail.co.uk)

### Find me on social media:



[barefootinbideford](https://www.instagram.com/barefootinbideford)



[barefoot in bideford  
reflexology](https://www.facebook.com/barefootinbidefordreflexology)



## Future Treatments



As the effects of reflexology are cumulative, a course of treatments may be necessary in order for you to get the best results and restore your body's natural balance. The total number of sessions and their frequency will depend on your individual circumstances and why you are having reflexology. People respond differently to treatment and some conditions require more time to achieve results than others. After completing a course of reflexology for a specific condition, many people find it beneficial to continue with regular treatments in order to maintain optimum health and well-being. If you are having reflexology purely for relaxation purposes, you may have a treatment as often as you wish.

*Esther*



Thank you for visiting me for your reflexology treatment today. I hope you enjoyed it. As part of your ongoing treatment and care, you should be aware that you may experience a range of physical and emotional symptoms over the next 24 to 48 hours as your body responds to the treatment. PLEASE DO NOT BE ALARMED!

Relax  
Don't rush  
Don't force  
Don't stress  
Let things happen,  
trust the process, and  
try to enjoy the ride



The following advice should be taken following a reflexology treatment to further support your wellbeing:

~Listen to your body – get plenty of rest. Your body is detoxifying and needs to heal and recover.

~Drink lots of water – your body will be flushing out so you need to increase your water intake to aid the healing process.

~Avoid stimulants such as caffeine and alcohol for at least 12 hours – your body is now ridding itself of toxins so don't put them back in!

~Mindful eating – your systems have slowed down so don't eat a heavy meal after a treatment to assist the detoxification and healing process.

~Avoid vigorous exercise and over exerting yourself for at least 12 hours. Remember your body systems have slowed down and you are in a state of relaxation/healing.

~Gentle exercise such as slow and gentle yoga, stretching, postural exercises and deep breathing exercises will assist with taking in oxygen to your fullest and aid in further relaxing and healing the body.

~Posture – pay attention to your body and certain areas that might need extra attention/rest/stretching.

~Self-treatment can be carried out at home to further aid the benefits of your treatment. Ask for key reflex points to work on that would benefit you.

If you experience an unexpected/concerning reaction to the treatment, often it is the body's response to the treatment. More often it is perfectly normal and is part of the healing process and will normally subside within 24-48 hours.

**However if you experience any severe pain or discomfort you may want to seek advice from your GP.**

Here are some of the reactions that can occur:

~Emotional – crying is a perfectly normal natural release and often you feel better!

~Feeling light headed/dizziness

~Disrupted sleep pattern – often you sleep very well after a treatment

~Muscles might feel stiff, tired, achy

~Thirst and increased urination

~Fatigue - overwhelming desire to sleep

~Increased perspiration

~Sensation of being cold/chilled