

**Aftercare information** *Session number*

**Name**

**Date of treatment**

It is very important that for 24 hours after any Reflexology session you follow the information below as it will help you recover faster.

**Stay hydrated**

Drink plenty of water as this will help hydrate your body, flush out toxins and improve your energy levels

**Enjoy a light diet**

Eat lighter meals for the rest of the day. Avoid eating any large meals as the body needs energy for healing

**Rest as much as you can**

Try to rest as much as possible for the rest of the day as this will help the treatment work to its full potential and will allow your body to begin the balancing/healing process

**Avoid Stimulants**

Avoid tea, coffee and alcohol as these are stimulants and will reduce the effectiveness of the treatment

**Keep a journal or diary**

After having any type of session, not just reflexology, record how you feel after the treatments. This can help you track your wellbeing.

**Emotions you may feel after a treatment**

You can feel emotional, irritable, weepy, or suddenly burst into fits of uncontrollable laughter after a treatment. These are all normal but it's worth writing how you feel in your journal.

Follow any recommendations or advice from your practitioner including for further treatments. Please refer to the details on the back of this form.



