

WHAT TO DO FOLLOWING A MASSAGE

During the 24 hours after your massage, drink plenty of water. Massage releases lactic acid and other substances that build up in your body over time. After these toxins are released from your muscles, they enter the lymphatic system and then are dumped into the venous blood and must be purified by the liver and kidneys, where they are then urinated out.

If you do not drink water ~ you do not urinate as often ~ and the toxins do not have a way to get out!!!

It is extremely important to dilute these poisonous materials and give the kidneys the water they need to eliminate these chemicals.

If you have ever had a massage that has left you feeling “yucky” and sluggish the following day, feeling like you have a cold, or even the flu ~ this is due to not drinking water!

If you have not had a massage in some time, you may be slightly sore the next day. This is perfectly normal.