You just had your first session with Nancy. Now what?

Let's go over what you might be experiencing both physically and mentally
(The Body-Mind Connection!)

The following are common occurrences after a session:

- A feeling of sleepiness or wooziness
- Nausea or Temporary imbalance
- Minor discomfort or *"tender to the touch"*
- An urgent need to urinate
- Metallic taste in your mouth
- Euphoria or sense of calm
- An emotional release or a desire to weep or laugh
- Delayed muscle relaxing
- A workout soreness or "*hurt so good*" feeling

You should *never* experience bruising, but some discoloration can occur with cupping techniques if used in your session. Please let me know if you experience **any** of the above – we can discuss why they occur and what to do in future sessions.

If you feel pain after a session, which I hope you do not, a cool compress application may help with residual inflammation and discomfort. If your discomfort is more of a low-grade soreness (like a "workout" sore,) then an **Epsom salt bath** or arnica may help.
A foot soak is a great way to destress! (If you did not get some salts in your first-visit goody bag, let me know!)

The Tin Man needs oil, **we need water**. Increasing your water intake is the easiest way to kick your wellness plan up a notch. Water consumption is so important after a massage as well as in integral part of your daily routine. Here's why:

- Keeps muscles hydrated
- Blood stream fluid
- Helps flush kidneys
- Keeps skin supple
- Helps your tissues bounce back after a massage and
- Keeps discomfort levels to a minimum

Unless instructed by a health care practitioner, go ahead with **light movement** and normal low-key activities. The restricted areas should start showing more range and or quality of motion and the more blood flow we can get to the affected areas, the better you'll be in the long run. After massage, you may need to move into a strengthening regime to balance the body.

I use products designed for massage therapy. Rarely do they cause allergic reactions – that said, they can happen. Let me know if you do have a reaction and we'll make immediate adjustments. I'd be happy to write down the contents so you can take the list to your dermatologist.

"I'm not sure what she did, but I feel better"

This is what most people tell their doctors after a session. If you need a **summary** of the session so you can inform your doctor, I'd be happy to supply one. In turn, if you are working on a specific goal, have your practitioner write down what they'd like me to do to help the long-term plan. I have suggestion pads you can give your other wellness professionals.

Thank you for adding my services to your long-term wellness plan. Massage works well in a series. Since it's not a surgical process, it can take a few sessions or more to achieve a goal. This depends on how acute your situation is. We can talk about your goals and figure out what is best for you including how massage is an integral part of any wellness plan outside of rehabilitation.

If you have any questions, please ask. No question is stupid - I enjoy talking about what I do and empowering YOU to help yourself. *Nobody deserves to be in pain*. ***I look forward to working with you again!***

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