



NADA'S BEAUTY TREATS

MASSAGE AND BEAUTY

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Pre/post Pregnancy Massage

In order for you to gain the maximum benefit from the treatment you received today it is advised that you follow some simple aftercare advice.

Ensure that you drink plenty of water over the next 48 hours.

Try to avoid sources of caffeine such as coffee, tea and fizzy drinks.

Avoid alcohol for 24 Hours.

Ensure that you take time to relax and rest after the treatment.

Listen to your body and your baby.

Occasionally you may experience a self healing process as the body helps to eliminate toxins and rebalance itself. You may experience any or none of the following reactions post treatment. No reactions should be significant or last longer than 48 hours.

- More frequent urination
- Runny nose / increase in mucus
- Slight redness of the skin
- Conditions that you are prone to may seem to temporarily flare up as the body rebalances
- Variation in sleep patterns

If you do have any concerns then please speak to your GP or Midwife.