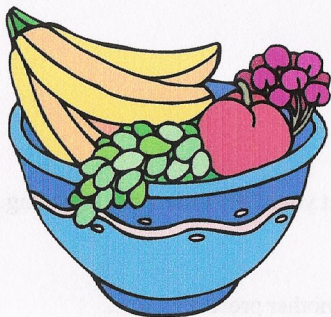


## Other Services Available

Don't forget I also provide the following supplementary, complementary services:

- Body Massage
- Sports Massage
- Reflexology
- Indian Head Massage
- Reiki
- Exercise Advice
- Nutrition Advice
- Group Exercise



*Be Fit. Be Healthy. Enjoy Life*

Mike O'Donoghue is an IHHT qualified complimentary therapist and a member of the Federation Of Holistic Therapists. He subscribes to their code of ethics, a copy of which and a CV may be viewed on request.



### HOLISTIC THERAPY STUDIO

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## Holistic Treatment Aftercare Advice

### AROMATHERAPY



*Mr Mike O'Donoghue MIGHT*

**Tel: 01443 229330**

# Aromatherapy and General Health

**Introduction.** I hope you enjoyed your recent aromatherapy treatment from Taff. Please take a few minutes to read these notes which will help you gain the maximum benefits from your session.



*Relax!*

Aromatherapy is a holistic therapy; this means that it should not be considered as a separate part of your routine in isolation - rather as being intrinsically linked to every other part of your body, mind, lifestyle and health.

**General Health and Fitness.** Brief pointers will have been provided during your service and are summarised below. If you need any more in depth advice, this can be provided by Taff:

- Drink at least 5 large glasses of water a day.
- Take regular exercise.
- Eat a healthy diet including fresh food.
- Set aside time for relaxation and enjoyment.
- Laugh ☺

## Aftercare

**After Aromatherapy.** Be aware of the effects that treatment can have on your body. Remember, aromatherapy massage should:

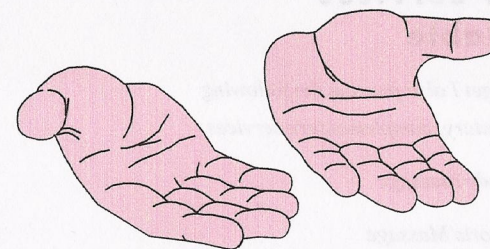
- Work by absorption of oils through the skin and via your sense of smell.
- Boost your circulation.
- Release toxins into your body systems.
- Balance your energy and emotional systems.
- Boost your digestive system.
- Assist your immune system.

Therefore, in the 12 hours after treatment, you should:

- Avoid hot, scented baths if practical.
- Relax - save any new found energy for the healing processes that may require it.
- Drink plenty of water.
- Eat lightly and avoid excess alcohol.

**Side Effects.** Despite all the benefits of aromatherapy, several side-effects are possible. These are quite normal and nothing to be alarmed about as long as you are aware of the possibilities. These include:

- Tiredness / headache / dizziness.
- Excess urination / flatulence.
- Emotional swings.
- Increased perspiration.
- A temporary worsening of the symptoms of medical conditions - this is a normal part of the holistic healing process.



*Need A Helping Hand?*

## Personal Advice

As a result of observations made during your treatment the following specific advice is considered pertinent:

- 
- 
- Contact your GP / Osteopath regarding.....
- Visit another professional.....