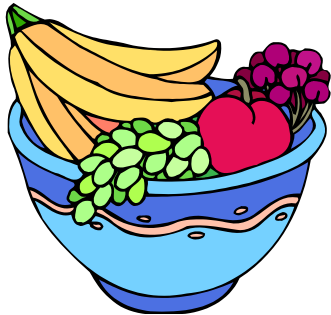

Other Services Available

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

- *Aromatherapy Massage*
- *Sports Massage*
- *Reflexology*
- *Body Massage*
- *Reiki*
- *Exercise Advice*
- *Nutritional Advice*
- *Group Exercise*



Be Fit, Be Healthy, Enjoy Life

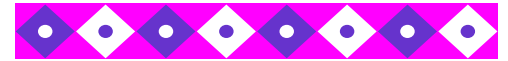
Mike O'Donoghue is an IHHHT qualified complimentary therapist and a member of the Federation Of Holistic Therapists. He subscribes to their code of ethics, a copy of which and a CV may be viewed on request..



HOLISTIC THERAPY STUDIO

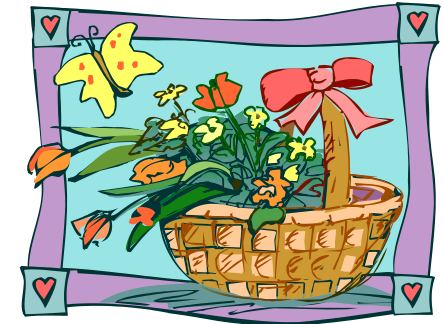
c/o Osteo Relief
154a Whitchurch Road
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CF14 3NA

Bookings: 02920 911038
bookings@holisticsports.co.uk
Mike: 01443 229330
enquiries@holisticsports.co.uk



Holistic Treatment Aftercare Advice

INDIAN HEAD MASSAGE



Mr Mike O'Donoghue MICHT

Tel: 01443 229330

Head Massage and General Health

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



Get Ahead!

Massage 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 Massage. Be aware of the effects that treatment can have on your body. Remember, massage should:

- Boost your circulation.
- Release toxins into your body systems.
- Balance your energy and emotional systems.
- Boost your lymphatic system.
- Assist your immune system.

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

- 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 massage, 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.

Essential Oils. If essential oils were used during your session, consider also that they work by absorption through the skin, hair and sense of smell. Therefore, try to avoid bathing or hair washing for the next day if possible.



Need A Helping Hand?

Personal Advice

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

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