

Massage After-Care

So you received a massage and feel wonderful, or maybe you're a little sore. Here are a few tips to help your massage benefits last longer and help you feel even better.

- **Water**

Drink plenty of water after a massage. Bodywork, no matter the particular modality, releases toxins, such as lactic acid and carbonic acid that need to be flushed from the body. Massage also promotes circulation, increasing blood flow, increasing oxygen, and stimulating the lymphatic system, which helps rid the body of pathogens. After-massage hydration supports these functions, helping to eliminate released impurities, sooner rather than later.

- **Ice vs. Heat**

If you are experiencing pain, ice is appropriate. If you're feeling aches and stiffness either heat or ice can be applied. A good rule is apply ice or heat for 15 minutes, remove for 15 minutes. Repeat as often as possible.

- **Stretching**

Another helpful habit is stretching between massages to maintain joint mobility and prevent muscles from tightening up again.

- **Massage Frequency**

In dealing with the general tension of everyday life, a monthly massage may be enough to sustain you. On the other hand, if you're seeking massage for chronic pain, or an acute injury, you may need regular treatments every week or two. The effects of massage are cumulative, like any healthy habit. The more often you get a massage, the greater and longer-lasting the benefits.