

## Factsheet 4: Aftercare Advice

After your complementary therapy treatment you may notice changes in your body and mind. To gain maximum benefit from your treatment the following aftercare advice is recommended.

- Try to rest and relax after your treatment.
- You may feel relaxed and tired after a treatment, so take care if you are driving or working.
- If you can, take a nap or get to bed early.
- Drink plenty of water after the treatment to replace lost fluids and avoid dehydration. This will help eliminate toxins from your body.
- Avoid alcohol, smoking and caffeine after your treatment as this can have dehydrating effect.
- Avoid eating a heavy, spicy meal after the treatment. Eat light for the rest of the day, this will allow your body to concentrate on natural healing and encourage detoxification.



Complementary therapy sessions cost £5 for a half an hour treatment, which includes a pre-treatment consultation and after care advice.

Please call 0121 565 2788 for times and details and to book an appointment.

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