## BENEFITS OF REFLEXOLOGY

Reflexology is a holistic therapy that may enhance circulation, ease pain, reduce stress, and promote deep relaxation. It also supports the immune system, boosts energy levels, balances hormones, and contributes to improved sleep quality. By stimulating the body's natural healing processes, reflexology encourages overall well-being and vitality.

Support your body's ability to heal itself.

## Contact Me For More Info


289.338.8823

39 Kipawa Cres, Hammonds Plains, NS

stacy@tiptoehfx.com


# Tip + Toe

# REFLEXOLOGY AFTER CARE

Gentle guidance to help you get the most from your reflexology experience. Simple, supportive steps to help you extend the benefits of your session—encouraging deeper relaxation, improved balance, and lasting wellbeing.

# POST SERVICE CAUTIONS

- Temporary tenderness or soreness in feet
- Lightheadedness or dizziness after a session
- Emotional release or mood swings
- Increased urination
- Changes in bowel movements
- Fatigue or feeling tired
- Mild headache
- Slight nausea
- Sensitivity or tingling in treated areas
- Temporary increase in symptoms before improvement (healing crisis)

These reactions are commonly associated with the body's natural process of toxin release. They are generally mild, temporary, and tend to resolve within 24 to 48 hours. If experienced, they are considered positive indicators that your body is actively responding to the treatment and working to restore balance.

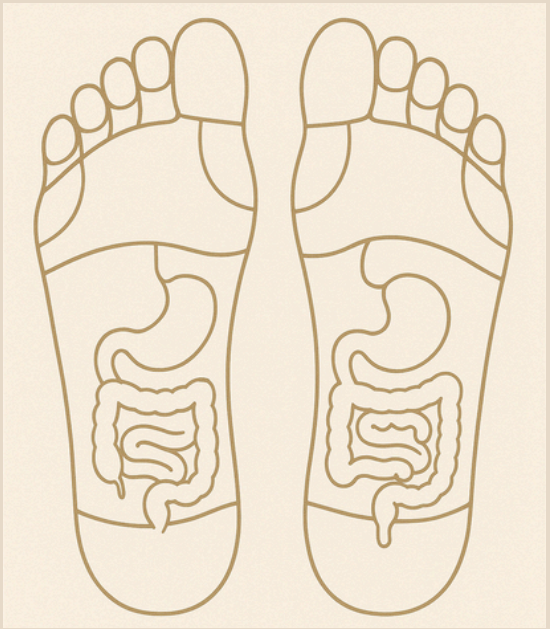
# AFTER CARE

01 Drink Water to flush out your body

02 Avoid drinking alcohol and smoking

03 Decrease caffeine consumption

04 Make time to relax and restore your body



# FOLLOW UP

Please keep a record of any changes you notice following your session, including alterations in symptoms or overall well-being. This valuable feedback allows us to tailor future appointments more effectively to support your individual health and wellness goals.