Client Information

Water: It is important to drink plenty of water in the days following a treatment to help flush out the increased release of toxins and waste products from the body's cells. Drink at least 2 liters (approximately 68 oz) of water per day.

General Recommendations: It is generally beneficial to take it easy for the rest of the day after your treatment. It is common to feel tired or exhausted following a body therapy session, as your body is working to integrate the treatment. Go home and relax. If you need to work, do so at your own pace, and try to go to bed early.

Reactions to the Treatment: Both physical and emotional reactions may occur after a treatment.

Physical reactions often involve a temporary increase in the symptoms or tensions that were addressed during the session, to a greater or lesser extent. These reactions usually subside within 2–3 days but may last longer depending on the nature and extent of the issue being treated.

Every person is unique and may respond differently to bodywork. Reactions such as headaches, joint pain, or muscle soreness can be viewed as part of the body's cleansing process, during which old waste products are released. These waste products may have accumulated in the body in the form of small crystals, which can feel like tiny shards of glass as they are eliminated. This cleansing process can sometimes be quite uncomfortable and may require several follow-up treatments.

Emotional reactions may include feelings that seem to arise unexpectedly or emotions that feel stronger than usual. As much as possible, allow these feelings to be present and expressed. They may represent old, unexpressed emotions that the body is releasing.

Duration and Frequency of Treatment: A treatment session lasts approximately **60–90 minutes**, including the initial consultation and time to get on and off the treatment table.

The course of further treatment is highly individual and depends on each person's needs, goals, and response to the treatment. However, it is generally recommended to attend at least **two sessions within a 2–3 week period**, although many people benefit from a longer treatment course.

Contact: If you have any questions about your treatment or would like to book, change, or cancel an appointment, you are always welcome to contact me.
If any after-effects persist for an extended period or become particularly uncomfortable, please contact me for advice and guidance.

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Possible after-effects of Body Therapy

After a body therapy treatment, you may experience a variety of after-effects. These reactions vary from person to person and depend on both your individual condition and the intensity of the treatment. Below is an overview of possible responses:

Physical After-Effects
Tingling Sensations: As old tensions are released, blood circulation increases. This enhances the delivery of oxygen and nutrients to the body's cells. This process may be experienced as tingling sensations throughout the body.
Trembling: As the body realigns and self-regulates, trembling or shaking may occur.
Dizziness: Working deeply with the breath, the body may release more toxins than usual. As these substances enter the bloodstream, you may experience temporary dizziness.
Itching or Burning Sensations: As circulation and nerve activity increase, some people experience burning sensations or itching. These sensations are generally temporary and can be a sign of increased nervous system activity.
Muscle Cramps: Cramps may occur when muscles release deep tension through contraction. They can also be related to dehydration, so water intake is important.
Digestive Reactions: Body therapy may stimulate the digestive system, leading to temporary changes in bowel movements or increased intestinal activity.
Hyperventilation: Some experience deeper, freer breathing after treatment. In some cases, making contact with an emotional or psychological blockage without fully releasing it may trigger temporary hyperventilation, as the body tries to release stored tension.
Detoxification Responses: Body therapy can initiate a natural detoxification process as the body releases accumulated waste products. This may result in increased perspiration, mild headaches, or more frequent urination.

Emotional After-Effects
Emotional Release: Body therapy can help release suppressed emotions, which may lead to crying, laughter, anger, or other emotional expressions during or after treatment.
Mood Changes: Some individuals may experience temporary mood swings or feel more emotionally sensitive than usual.
Greater Emotional Awareness: Many report feeling more connected to their emotions and gaining a deeper understanding of their emotional patterns and experiences.

Psychological After-Effects
Mental Clarity: Treatment may enhance concentration, focus and overall mental clarity.
Changes in Self-Perception: You may experience a more positive or compassionate perception of yourself and your body.
Stress Reduction: Many clients report feeling calmer, more relaxed, and less stressed following a body therapy session.
Changes in Energy Levels
Energy levels may fluctuate. Some people feel revitalized and energized, while others may feel tired and require additional rest as the body integrates the treatment.

It is important to note that these after-effects are normal and usually temporary. They are often part of the body's natural healing process and may be seen as signs that the treatment is helping to restore balance and well-being.