



After-Care Instructions: Ashiatsu Barefoot Massage

Directly after receiving Ashiatsu, your muscles will be very supple. Please follow these instructions for the first 24 hours after your therapy in order to prevent injury.

DO

Drink lots of water.

Stretch gently or perform light restorative yoga.

Lie on your back with your legs resting on a chair or sofa.

Treat yourself to a sauna, steam room, hot tub, or bath.

Pay attention to your posture while sitting and standing.

Take note of the renewed state of your body and movements.

DO NOT

Drink multiple alcoholic beverages.

Perform actions which require twisting your spine.

Lift heavy objects or children, or perform heavy yardwork.

Sit for long periods of time without activity, such as on a plane or at a desk.

Engage in strenuous activity, especially contact sports or heavy gym workouts.

In the first 24 hours, it's important to practice self-care. Be mindful of how you feel and move to take full advantage of the therapy you've received.

Hydration, passive stretching, light activity, and rest are recommended.

If you work at a desk be sure to stand up, walk around, and stretch at regular intervals.

When you return to your usual gym routine, ease into your workout.

Questions following your massage?

Please contact us: info@artemismassage.com