
Other Services Available

Don't forget I also provide the following supplementary, complementary services:

- *Aromatherapy Massage*
- *Body Massage*
- *Reflexology*
- *Indian Head Massage*
- *Reiki*
- *Exercise Advice*
- *Group Exercise*

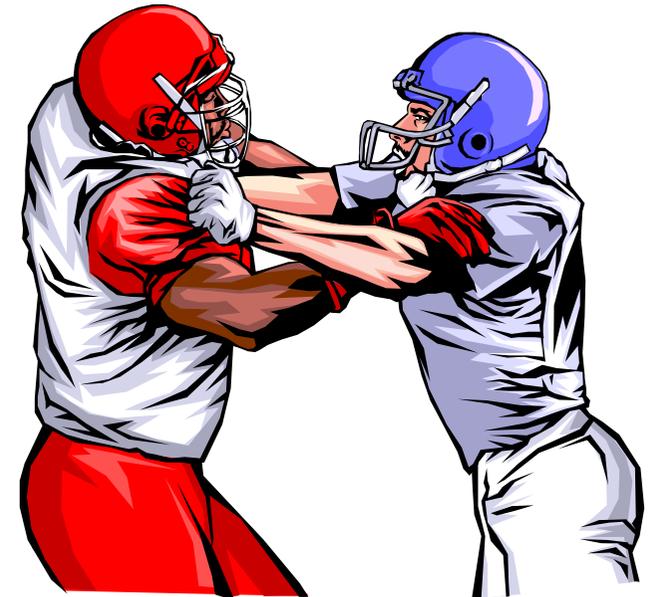


Be Fit, Enjoy Playing, Enjoy Life



Holistic Treatment Aftercare Advice

SPORTS MASSAGE



Mike O'Donoghue is an IIHHT qualified complimentary therapist and a member of the Federation Of Holistic Therapists. He subscribes to their code of ethics, a copy of which and a CV may be viewed on request..



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Sports Massage and General Health

Introduction. I hope you enjoyed your recent massage with Mike. Please take a few minutes to read these notes which will help you gain the maximum benefits from your session.



Enjoy!

Massage is a holistic therapy; this means that it should not be considered as a separate part of your routine in isolation - rather as being intrinsically linked to every other part of your body, mind, fitness and health.

General Health and Fitness. Brief pointers will have been provided during your service and are summarised below. If you need any more in depth advice, this can be provided by Taff:

- Drink at least 5 large glasses of water a day.
- Vary your exercise and do not over-train.
- Eat a healthy diet including fresh food.
- Set aside time for relaxation and enjoyment.
- Laugh ☺

Aftercare

After Massage. Be aware of the effects that treatment can have on your body. Remember, massage should:

- Boost your circulation.
- Release toxins into your body systems.
- Balance your energy and emotional systems.
- Boost your digestive system.
- Assist your immune system.

Therefore, in the 12 hours after treatment, you should:

- Relax as far as possible - especially after training or competing.
- Drink plenty of water.
- Eat lightly and avoid excess alcohol :-)

Side Effects. Despite all the benefits of massage, several side-effects are possible. These are quite normal and nothing to be alarmed about as long as you are aware of the possibilities. These include:

- Tiredness / headache / dizziness.
- Excess urination / flatulence.
- Emotional swings.
- Increased perspiration.
- A temporary worsening of the symptoms of medical conditions - this is a normal part of the holistic healing process.
- Increased pain and soreness—especially at the surface of any areas worked with deep techniques.



Good Luck!

Personal Advice

As a result of observations made during your treatment the following exercises are recommended:

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- Contact your GP / Osteopath regarding.....
- Visit another professional.....