



# Massage Aftercare Instructions

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### Post Care

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#### General Massage Aftercare Instructions

- **Hydrate Well:** Drink plenty of water post-treatment to flush out released toxins and support lymphatic drainage.
- **Take It Easy:** Give your body time to process the treatment. Rest if needed, especially after deep tissue work.
- **Stretch Gently:** Gentle movement or light stretching can help maintain muscle flexibility and reduce soreness.
- **Apply Heat or Ice as Directed:** If soreness occurs, a warm bath with Epsom salts or light heat can soothe muscles. Use cold therapy if inflammation occurs (consult your therapist).
- **Avoid strenuous activity** for at least 12–24 hours, especially after deeper work.
- **Avoid alcohol or caffeine** immediately after your session—these can dehydrate you and hinder detoxification.
- **Avoid heavy meals** right after a massage. Stick to light, nourishing foods for a few hours.

#### Cupping Therapy Aftercare Instructions

- **Keep the cupped area warm:** Dress warmly and avoid exposing cupped skin to cold or wind.
  - **Hydrate generously** to support detoxification and prevent fatigue.
  - **Apply arnica or aloe vera** to reduce any mild discomfort or skin sensitivity.
  - **Avoid hot showers, baths, saunas, or vigorous scrubbing** for at least 6–8 hours, ideally 24 hours.
  - **Avoid heavy exercise** for 24 hours post-cupping.
  - **Avoid alcohol, caffeine, or processed foods** for the rest of the day—they can interfere with the detox process.
  - **Avoid direct sun exposure** to the cupped areas until the marks fade.
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### What to Expect

#### Massage

- Mild soreness or fatigue is normal—especially after deep work or if it's your first massage.
- You may experience increased urination or slight dizziness post-treatment due to detox effects. This is temporary and usually resolves quickly.

#### Cupping

- Circular discolorations are normal and will fade within 3–10 days, depending on your skin and lymphatic health.
- Some clients report light fatigue, emotional release, or increased urination—these are all healthy signs of the body processing and rebalancing.

Contact our team at Lilly Aesthetics and Wellness if you experience:

- Prolonged soreness (beyond 3–4 days)
- Swelling, heat, or bruising that seems unusual or painful
- Dizziness or faintness that doesn't improve with hydration and rest

#### Recommended Aftercare Products

- Arnica gel or cream – for sore spots or cupping marks
- Epsom salts – add to a warm bath to relieve tension
- Aloe vera – for skin soothing if cupping leaves sensitivity