After Your Massage

Simple Ways to Support Your Body & Extend the Benefits

A Take-Home Wellness Guide from Terrific Health

Helping you build Terrific Health with Vim, Vigor & Vavoom!

Your massage session may be over, but the opportunity to care for your body continues long after you leave the table.

Massage therapy can be a wonderful tool for relaxation, easing muscle tension, improving comfort, and supporting your overall sense of well-being. But what you do between sessions matters, too.

The good news? Supporting your body doesn't have to be complicated.

Small, intentional habits can help you maintain the benefits of your massage while building a stronger foundation for long-term wellness.

Let's explore a few simple ways to care for yourself after your session.

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1. Hydrate: Give Your Body What It Needs

Water plays an essential role in nearly every function of your body, including circulation, temperature regulation, digestion, and normal cellular function.

After your massage, continue drinking water as you normally would throughout the day.

A few simple hydration reminders:

- Drink water before and after your massage.
- Keep water nearby and sip regularly throughout the day.
- Pay attention to thirst and other signs of hydration.
- Enjoy water-rich foods such as cucumbers, watermelon, oranges, and leafy greens.
- Don't feel pressured to drink excessive amounts of water.

You may have heard that massage releases toxins that need to be flushed out with extra water. While this is a common claim, research hasn't established that massage creates a special detoxification requirement.

Your liver, kidneys, lungs, and other systems are already working to process and eliminate waste.

Terri's Simple Truth: Hydration isn't about forcing your body to do more. It's about giving your body what it needs to function normally.

Note: Adding salt or electrolytes isn't necessary for most people after massage. Individual needs vary, especially with certain medical conditions or medications.

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2. Keep Moving: Gentle Movement Matters

Have you ever noticed how much better your body feels after getting up and moving around?

Our bodies are designed for movement. Staying in one position for extended periods can contribute to stiffness and discomfort.

After a massage, gentle movement can help you ease back into your daily activities while maintaining a sense of flexibility and comfort.

Simple ways to keep moving:

- Take a comfortable walk.
- Change positions regularly if you work at a desk.
- Gently roll your shoulders or move your neck within a comfortable range.
- Stretch lightly if it feels good.
- Incorporate natural movement into everyday activities.

You don't need to schedule an intense workout immediately after your massage. In fact, following deeper bodywork, you may prefer lighter activity for the remainder of the day.

Remember: Movement should feel supportive, not forced. Listen to your body's signals.

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3. Feeling a Little Sore? Listen to Your Body

Depending on the type of massage and the areas addressed, you may experience temporary tenderness or stiffness afterward.

This can be more noticeable following deeper pressure or work on particularly sensitive muscles.

Mild soreness doesn't necessarily mean something is wrong, but it also isn't a sign that the massage was more effective.

Ways to support your comfort:

- Enjoy a warm shower or bath.
- Try gentle walking or comfortable stretching.
- Allow yourself adequate rest.
- Avoid pushing through painful movements.
- Pay attention to how your body responds over the next day or two.

What About Epsom Salt Baths?

A warm bath with Epsom salts can be a relaxing addition to your self-care routine.

Epsom salt contains magnesium sulfate, but evidence that meaningful amounts of magnesium are absorbed through the skin is limited.

The warmth of the water and the opportunity to relax may be the primary reasons a bath feels soothing.

Terri's Simple Truth: More pressure and more soreness do not automatically equal better results. Your comfort matters.

If you experience severe pain, significant swelling, new weakness, numbness, or symptoms that concern you, seek appropriate medical care.

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4. Stress & Muscle Tension: Your Body Is Listening

Stress doesn't just happen in your mind.

Your nervous system responds to physical and emotional demands throughout the day. When stress becomes ongoing, you may notice changes in your breathing, sleep, posture, and muscle tension.

For some people, this shows up as tight shoulders, a clenched jaw, headaches, or persistent discomfort.

Massage can provide a valuable opportunity to slow down and relax, but developing supportive habits between sessions is equally important.

Click here to get the ASEA Redox Massage Oil I love and use.

Notice Where You Hold Tension

Take a moment and check in with yourself.

- Is your jaw clenched?
- Are your shoulders creeping toward your ears?
- Are your hands tightly gripping your phone or steering wheel?
- Are you holding your breath?
- Does your abdomen feel tense?

Sometimes we don't recognize how much tension we're carrying until we intentionally release it.

Simple Ways to Support Your Stress Response

Breathe intentionally. Take a few slow, comfortable breaths. Allow your shoulders to soften and your breathing to become natural.

Spend time outdoors. Natural light, fresh air, and time in nature can support mood, relaxation, and healthy daily rhythms.

Prioritize sleep. Rest is essential for normal physical and mental recovery.

Create quiet moments. Even five minutes away from screens and distractions can give you an opportunity to reset.

Move regularly. Walking, stretching, and other enjoyable physical activities can help manage stress and maintain mobility.

You don't need a perfect routine. Consistency with a few small habits can be more valuable than occasional major changes.

Terri's Simple Truth: Relaxation isn't something you have to earn. It's an important part of caring for yourself.

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5. Nourish Your Body: Healthy Cells Matter

What you eat provides the building materials your body uses every single day.

Your muscles, joints, nerves, and other tissues depend on adequate nutrition to maintain normal function.

One important part of that nutritional foundation is healthy fats, particularly omega-3 fatty acids.

Why Omega-3s Matter

Omega-3 fatty acids, especially EPA and DHA, are incorporated into cell membranes throughout the body.

They also serve as precursors to signaling molecules involved in regulating inflammation and supporting its resolution.

Inflammation itself isn't bad. It's a normal and necessary part of your body's response to injury, infection, and other challenges.

The concern arises when inflammatory processes become persistent or poorly regulated.

Adequate omega-3 intake is one part of an overall lifestyle that supports cardiovascular health and normal cellular function, and may contribute to joint comfort in certain circumstances.

FOOD FIRST: Where Can You Find Omega-3s?

Consider regularly incorporating foods such as:

- Salmon
- Sardines
- Anchovies
- Mackerel
- Herring
- Trout

Plant foods such as flaxseeds, chia seeds, and walnuts also provide omega-3 fats, primarily in the form of ALA, which the body converts to EPA and DHA only to a limited extent.

Test, Don't Guess

You may feel perfectly fine while certain aspects of your nutritional status could benefit from closer attention.

When appropriate, testing can offer information that dietary guesswork alone cannot provide.

Fatty acid testing can help assess your omega-3 status and the balance of certain fatty acids in your blood. Results should be interpreted in context, and no single test can tell the complete story of your health.

Curious about your omega-3 status?

Ask Terri about her test-based wellness education and how understanding your fatty acid profile may help you make more informed nutritional choices. Order BalanceTest and BalanceOil

Terri's Simple Truth: Your body needs the right building materials. Nourish it with intention, and use meaningful information to guide your choices.

6. Essential Oils & Your Massage Experience

Aromatherapy may be one of the elements incorporated into your massage experience.

Certain essential oil aromas may help create a calming environment and contribute to a sense of relaxation.

Essential oils are highly concentrated botanical substances, so thoughtful selection and proper dilution are important.

Your preferences, sensitivities, medications, and health history should always be considered.

Continuing Aromatherapy at Home

If you enjoyed an essential oil used during your session, ask Terri about safe and appropriate ways to incorporate it into your personal wellness routine. This is the brand I personally use.

A few important reminders:

- Always follow appropriate dilution and product safety instructions.
- Avoid applying undiluted essential oils directly to your skin unless specifically supported by qualified guidance.
- Discontinue use if irritation or an unwanted reaction occurs.
- Keep essential oils away from children and pets.
- Ask a qualified healthcare professional about use during pregnancy or when managing specific medical conditions.

Natural products can be useful additions to a wellness routine, but natural doesn't automatically mean risk-free.

Terri's Simple Truth: Simple, intentional choices are more important than using more products.

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7. What We Used During Your Massage

Every massage experience is a little different. Your session may include techniques and products selected according to your preferences, areas of tension, and individual needs.

Use this section as a personal reference for today's visit.

Date of Massage: _____

Areas of Focus:

Essential Oils Used:

RedoxGold™ by ASEA:

Why These Products Were Selected:

Recommendations for Home Care:

Additional Notes:

If you have questions about any product used during your session, including its ingredients, purpose, or safe use, please ask.

8. Make Your Next Massage Part of a Bigger Wellness Picture

Massage therapy isn't only something to consider when you're already feeling uncomfortable.

For many people, regular massage provides dedicated time for relaxation, body awareness, and managing everyday muscle tension.

How frequently you schedule massage depends on your goals, preferences, health considerations, and budget.

There is no universal schedule that's right for everyone. Between sessions, remember that everyday habits matter.

Your Simple Wellness Checklist

- Drink water regularly.
- Move and stretch your body in ways that feel comfortable.
- Notice and release unnecessary muscle tension.
- Make time for rest and quality sleep.
- Spend time outdoors when possible.
- Nourish your body with balanced meals and healthy fats.
- Ask questions and learn more about your individual wellness needs.
- Schedule time for self-care without waiting until you're overwhelmed.

Your Body Was Designed to Respond

Your body is constantly adapting, responding, and working to maintain balance.

Massage doesn't magically make your body heal. Instead, it can provide an opportunity for relaxation, relief from muscle tension, and support for your overall well-being.

What happens between massage sessions is just as important as the time you spend on the table.

You don't have to change everything overnight.

Start with one simple habit. Practice it consistently. Build from there.

Nourish • Move • Rest • Breathe • Hydrate

That's how small choices become a meaningful part of your wellness journey.

Let's Keep Building Terrific Health!

Terri | RN, LMT & Natural Wellness Educator

Simple Truths for Vibrant Living

Helping you build Terrific Health with Vim, Vigor & Vavoom!

A Friendly Reminder: This guide provides general wellness education and is not intended to diagnose, treat, or replace individualized medical advice. Always consult your healthcare professional regarding symptoms, medical conditions, medications, or significant changes to your health.

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