



## CLIENT AFTERCARE INFORMATION

### **Facial Reflexology**

- Drink plenty of water in the next 24 hours to aid the detoxifying process
- Avoid make-up if possible, to let the skin breathe for an hour after treatment
- Rest as much as possible after treatment to help the body heal itself
- Try to avoid stimulants over the next 24 hours such as tea, coffee and alcohol as these may interfere with detoxification. Also avoid eating a heavy meal for a least 1 hour after treatment
- Be careful if driving as reactions may be slower.
- Some reactions are part of the healing process and a sign your body is eliminating toxins. It is normal for you to feel any of the following: Feeling cold, thirsty, mild headache, feeling emotional, mild tiredness, runny nose, needing to visit the lavatory more frequently.
- The effects of Zone Face Lift are cumulative and the benefits increased in the Zone Face Lift programme.

» The effects of Facial Reflexology are cumulative and often the full effects can be seen after 4-6 sessions.

### **Foot Reflexology**

- Drink plenty of water in the next 24 hours to aid the detoxifying process
- Avoid make-up if possible to let the skin breathe for an hour after treatment
- Rest as much as possible after treatment to help the body heal itself
- Try to avoid stimulants over the next 24 hours such as tea, coffee and alcohol as these may interfere with detoxification. Also avoid eating a heavy meal for a least 1 hour after treatment
- Be careful if driving as reactions may be slower.
- Some reactions are part of the healing process and a sign your body is eliminating toxins. It is normal for you to feel any of the following: Feeling cold, thirsty, mild headache, feeling emotional, mild tiredness, runny nose, needing to visit the lavatory more frequently.
- Incorporate any type of activity/exercise that will be suitable for you
- Follow recommendations for further treatment