

Aftercare

Side effects you may experience after your massage:

You may experience a reaction when your body begins the process of healing itself and eliminating toxins. These reactions are a positive sign that the body has responded well to the treatment and is beginning to heal itself. These side effects should subside in 12-24 hours. The following reactions may occur after treatment:

- Tiredness due to the release of toxins
- More visits to the toilet to get rid of waste and toxins
- Headaches or nausea
- Spots may occur due to released toxins
- Flare up of previously suppressed conditions
- Perspiration/runny nose – the body excreting waste

Aftercare advice:

- Drink plenty of water or herbal teas
- Avoid excess tea, coffee and alcohol for the next 12 hours
- Avoid heavy meals for the next few hours
- Cut down on smoking
- Avoid driving immediately after treatment if you feel excessively drowsy
- Make time to relax
- As oils have been used avoid sunbathing/ sun-bed use for 24 hours

Total Contraindications

If you have any of these conditions a massage should not be performed at all.

- Fever
- Contagious diseases, including any cold or flu, no matter how mild it may seem
- Under the influence of drugs or alcohol-including prescription pain medication
- Recent operations or acute injuries
- Neuritis
- Skin diseases



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Holistic therapies



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The therapy room

Held in our onsite therapy room here at Grace House, holistic therapy sessions will not only provide relief to muscular and skeletal strains associated with a caring role, but will also offer a relaxing and stress free retreat. We have local professionals who will be delivering the treatments:

Lindsey Graham, Director & Senior Physiotherapist

Graduated from Brunel University, London in 2002 with a BSc (Hons) Physiotherapy. She returned to the North East after her studies and began work as a Junior Physiotherapist at Sunderland Royal Hospital and then onto a private clinic in Newcastle, specialising in Musculoskeletal Physiotherapy. In 2010 she went on to set up her own private clinic, Totally Tranquil which recently rebranded to Sunderland Physiotherapy Clinic.

Klaire Ferry, Natural Selection Therapies

Has been a therapist for 20 years. She has experience in teaching government driven health priorities and mental health working with large organisations, the NHS and within the voluntary sector.

Liz Cairns, Inspire Holistics

has been a holistic practitioner since 1994, starting out by offering Reiki treatments and adding to her skills over the years. Liz is also a Stress Management Consultant and her sessions are designed tailored solutions for improving wellbeing.

Sandra Hutchinson, One Sound Health

Has worked in holistic healthcare for over 20 years, working with sound and energy therapies in hospitals, hospices and children's centres. Sandra has a wealth of experience and her passion for healing, self-help, and personal growth has led her to work in a person-centred way.

Swedish Massage (30/60 minutes)

The original massage technique involving a sequence of movements working superficially into the tissue layers. The therapist uses a mixture of firm, but relaxing strokes to relieve tension in muscles and leave the body feeling relaxed and stress free, providing an overall feeling of well being.

Therapists available with: All

Deep Tissue/ Sports Massage (30/60 minutes)

A deeper form of massage which aims to improve the suppleness and flexibility of muscles and joints by eliminating toxins embedded in muscle fibres, minimize scar tissue build up and remove adhesions. It can also improve circulation which enhances cell nutrition, and reduces the recovery time of damaged or stressed tissues.

Therapists available with: Klaire, Lindsey & Sandra

Aromatherapy Massage (30/60 minutes)

Aromatherapy is a holistic treatment using essential oils blended in a vegetable oil such as grapeseed, before being gently massaged into the skin. A number of oils can be used together, creating a blend tailored specifically for you.

Therapists available with: Klaire, Lindsey & Sandra

Indian Head Massage (30 minutes)

A relaxing and stimulating treatment for the upper back, shoulders, upper arms, neck, scalp and face. It is especially effective in relieving many of the physical, mental and emotional symptoms of stress, as well as fatigue, low mood, headaches and insomnia.

Therapists available with: All

Facial (30 minutes)

A therapy using beauty products on the face to deep cleanse, release toxins and rejuvenate your skin. You can receive a cleanse, tone, face mask, massage and moisture. This therapy is a sure way to get the glow in your skin.

Therapists available with: Klaire & Liz

Reflexology (30/60 minutes)

This therapy concentrates on your feet to relieve tension and treat illness. Pressure points are manipulated on the base of the client's foot to create relaxation, balance and harmony of the body as well as the mind. Your lower leg will also be massaged.

Therapists available with: Klaire

Reiki (60 minutes)

A healing technique based on the principle that the therapist can channel energy into the client by means of touch, to activate the natural healing processes of the client's body and restore physical and emotional well-being.

Therapists available with: Klaire, Sandra & Liz

Sound Therapy (30/60 minutes)

Sound therapy is the creative and spontaneous use of sound using singing bowls and other instruments. Sound relaxation can help you feel a sense of inner peace and offers the opportunity for self-reflection.

Therapists available with: Sandra