



## **HEALING CRISIS AND HOME CARE ADVICE**

After treatment the body starts to take control of the healing process, releasing stored and unwanted toxins. These are eliminated via skin, lungs, bladder or bowel movements. The symptoms associated with this are known as the “healing crisis”. You may not experience any noticeable reaction, or alternatively you may feel worse before you feel better, as the treatment speeds up the healing process and the elimination of toxins. So, for example, the underlying symptoms of a cold may have been brought on sooner than if you hadn’t had a treatment. Do not hesitate to contact me if you have any concerns. Note any reaction you have (either good or adverse), and let me know at your next treatment. Remember that relaxation is a prerequisite of good health.

### **Possible healing crisis symptoms:**

Drowsiness      Runny nose      Nausea      Deep sleep      Full of energy  
Spots/skin rash      Sleeping difficulty      Thirst      Vivid dreams      Invigoration feelings  
Frequent bladder/bowel movements  
Emotional ups and downs (laughing, crying etc.)

Also you may feel relaxed, experiencing calm and a feeling of well-being, as stress and tension are relieved and your blood circulation is improved, leaving all the systems of your body functioning fully and in their natural equilibrium.

These symptoms are quite normal following treatment and may last from a few hours to up to 48 hours. After this time, it is unlikely they are related to the treatment and you would be advised to see your GP.

### **Client after care advice:**

To gain maximum benefit from the treatment:

- Drink plenty of water to assist the elimination of toxins
- Rest as much as possible, avoiding energetic activities for a few hours
- Maintain a light diet, avoiding spicy food, caffeine containing drinks (tea, coffee) and also alcohol for the next 24 hours
- Avoid any form of heat treatment such as hot bath/shower, sauna or hair drying.

You might also wish to buy Lava Shell Massage Home Care Kit. Ask the therapist for more information.

**I wish you good health and enjoyable treatments.**