



# Orlando Reflexology

## AFTER A REFLEXOLOGY TREATMENT

Get up slowly and drive carefully as you might feel 'spaced out' and your reaction time could be affected.

It is highly likely you will be relaxed at the very least and the healing process will begin.

**DRINK** lots of water as your lymph will be de-toxing and needs rehydration.

**IF POSSIBLE**, rest, nap, do only light activities and enjoy the natural high Reflexology brings.

**NO ALCOHOL** for 24 hours, again because you are detoxing to heal your body.

**\*\*\*\*\*HEALING CRISIS\*\*\*\*\*DETOX\*\*\*\*\*HEALING CRISIS\*\*\*\*\***

In all natural medicine, naturopathy, acupuncture & homeopathy there is a process when the body purges and recalibrates to heal itself. The symptoms for which you sought Reflexology could worsen, a rash could get worse, your neck pain could hurt more, it could bring on a headache or flu like symptoms... all within hours of the treatment. This is a **GOOD** sign (though uncomfortable), because it means your body is rebalancing, recalibrating. It will not last longer than a few hours to a couple days and you should feel **MUCH** better afterwards. Please phone if you are worried, **BUT** it is a natural part of the healing process and drinking water helps. Please avoid pain meds **IF** at all **POSSIBLE**... and know we are on the right track!

**FURTHER SESSIONS:**

**Most Reflexologist love to do a course of treatments as the body initially needs the extra push the treatments give in order to help itself. A course would be once every 5 to 7 days for a few weeks, as the symptoms can come back around then. But, after approx. 4 sessions, you can start to put bigger gaps between treatments and you will know what is best for you. Chronic illness took a long time to bring symptoms on and so it can take a bit of time for your body to help itself. You wouldn't go to a chiropractor once and think your back will be 100% fixed!**

**If you have no improvements (which is unusual), I would love you to try one more session as treatments go deeper as they progress and maybe your body needs a bit of time to let Reflexology in.**

**If you are coming just for stress reduction, then it can be good to do another treatment, 7 to 9 days after the initial session, to help chip away at your stress.**

**If you are having Reflexology for preventative medicine only, then you will know when it time to re-book.**

**If you know ahead of time this is a 'one off' treatment do not hesitate to tell me. If you are serious about a wellness program tell me what you are needing and I will make suggestions, referrals, homework etc...**

**After your FIRST treatment, I would like to make a follow up call or email, please let me know if that is ok with you.**

**And if you are feeling worse after our session and are worried by your body's reaction, please phone, ASAP!**

**Again, relax as much as you can, hydrate and be in touch anytime.**

**I am glad you chose Orlando Reflexology and I hope it was a good experience for you. But if for any reason it is not perfect please do let me know what I can do to improve things for you!**

**Janice Robinson**