

Thank You

Thank you for attending your reflexology treatment today. It was a pleasure to support your wellbeing, and I hope you found the session relaxing and restorative.

Healing Responses You May Notice

Following your treatment, your body may respond in a variety of ways — or you may notice no immediate reaction at all. Every person is unique, and the healing process can vary.

Common responses include:

- Feeling tired or needing extra rest.
- A boost in energy, pain relief, or better sleep.
- Mild symptoms such as headaches, shivering, flu-like sensations.
- Increased urination or bowel movements as your system clears out.
- Feeling emotional — if strong emotions arise, allow them to surface without judgment. Acknowledge them, process them, or simply let them pass.

Healing reactions are completely normal and are temporary. They are part of your body's natural healing process and are often linked to the release and elimination of toxins. If any reaction feels excessive or concerning, please do not hesitate to reach out to me.

Aftercare Advice

To support your body and help reduce the duration of any healing responses, please follow the following aftercare advice for the next 48 hours:

- Hydrate well: Drink more water than usual to help flush out toxins released during the session.
- Avoid stimulants: Try to steer clear of caffeine and alcohol today to support your body's healing process.
- Eat light: Choose simple, nourishing meals and avoid spicy or greasy foods.
- Rest: Listen to your body. If you feel the need to go to sleep, then do, if you can.

Thank you for your trust. I look forward to continuing to support your wellness journey.

Best wishes,

Catherine — **Acorn to Oak Reflexology Tel. 07349 938602**