

Thank you for choosing our Deep Tissue Massage service. To extend the benefits of your treatment, consider these helpful tips:

* Hydrate: Drink plenty of water to help flush out toxins and rehydrate your muscles.
* Stay Active: Engage in light activity like walking or gentle stretching to maintain circulation and prevent stiffness.
* Omega-3-Rich Foods: Consider incorporating omega-3 fatty acids into your meals to aid in reducing inflammation and supporting muscle recovery.
* Cold Compress: Apply a cold compress to areas of soreness to alleviate any lingering discomfort or swelling.
* Restful Sleep: Prioritize a good night's sleep to allow your body to fully recuperate and maximize the benefits of the massage.
* Schedule Your Next Session: Plan your next massage appointment to maintain the benefits and continue addressing any muscle tension or discomfort."

We trust these tips will complement your massage experience and promote lasting benefits.

Thank you for choosing us, and we look forward to serving you again!

The Keysar Center of Massage