



## Side Effects of Massage

**\* Gentle Reminder: Massage helps to rid/release toxic build up in the body. Below are a few of many affects you may feel.**

\* If you **have a cold, are finishing an illness, or just beginning**, often massage will 'make you feel worse' as it will bring things to the surface. Massage will also **PUSH IT THROUGH YOUR SYSTEM FASTER!**

### **Soreness:**

Discomfort, inflammation, and soreness that could last up to 3 days can be caused by the pressure of 'deep tissue' or therapeutic massage.

### **Nausea:**

Massage pushes toxins out of your body and into your blood stream. The natural reaction is to flush them out. You could feel nauseous after a deep tissue/therapeutic massage.

### **Headache:**

Sometimes a headache will form when the muscles near your head and neck release tension. Since our bodies are all connected, as parts of your body 'let go' it will affect or trigger other areas.

### **Sinus Drainage:**

Since massage stimulates the lymphatic system it helps reduce congestion and sinus pressure. Face/ head massage generally moves stagnant cerebrospinal fluid, to increase circulation as well as ease sinus pressure. It is not unusual to have a runny or stuffy nose or release of phlegm after a massage.

### **Sleepiness:**

Due to the release of tension as well as the improved oxygen and blood circulation you may feel sleepy or fatigued during and after a massage. Sleep comes easier with a relaxed body.

### **Inflammation:**

Tenderness and pain can cause minor inflammation of the muscles and tissues. This is normal and a natural occurring process of the body. Prolonged or chronic inflammation is NOT good.

### **Redness:**

Due to friction and pressure on the skin redness may be noticeable. This should only last a few days.