# [www.groomandbutler.com](http://www.groomandbutler.com)

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**The male only grooming and   
waxing studio in Peterborough**

# Massage Aftercare Advice

Thank you for choosing Groom and Butler for your professional massage service. Please follow the guidelines below to ensure you feel the full benefit of your treatment.

*Please note: people react differently to massage, therefore these are general guidance.*

 Avoid very hot baths or showers (lukewarm water only),

 Enjoy a light meals and avoid alcohol

Rest ideally in a quiet place with a good book or your favourite television programme

 No sport, gym work or other vigorous exercise

 Drink lots of water to rinse out toxins within the body

 Avoid scratching the massaged area with unwashed hands

 Wear clean, loos fitting clothes

If you feel tired after a massage and it’s normal to have an early night and waking up feeling relaxed in the morning

Don’t drive or operate machinery should you feel tired

**For best long-term results, we recommend having a regular massage at least every 4 weeks.**

Groom and Butler offers a range of massaged including: Swedish, Volcanic Stone and Indian Head.   
  
Talk to us about which massage would be suitable for your needs.