

Homecare Advice

General

General advice you can give to your client:

- Healthy and balanced diet.
- Drink at least 8 glasses of water per day.
- No food 2 hours before or after a treatment.
- Postural exercises.

Before and After Treatment

What to tell your client in preparation for treatment:

- Avoid strenuous exercise or heat treatment because of the risk of fainting.
- Rehydrate after a treatment.
- No food 2 hours before or after a treatment.
- Avoid alcohol for the rest of the day.
- Urination may increase due to the body eliminating accumulated toxins.

Recommend frequency of treatments

This will be dependent on:

- Client's budget and resources.
- Whether or not you are treating something specific.

Recommend relaxation techniques

Examples include:

- Meditation.
- Self-massage.
- Breathing control.

Recommend stress reduction

Examples include:

- **Yoga.**
- **Pilates.**

You may also wish to ask your client to contribute feedback immediately after a treatment and a few days after. This will help you identify some of the positive and negative effects of the treatments for that individual client, and may also help you with treatment of other clients