

for your well being

Tips to maximize healing from your treatment and allow the body to rebalance itself

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Tips to eliminate toxins:

- Allow yourself 1 or 2 hours of quiet time after a treatment
- Drink plenty of water to flush out toxins – 8 glasses per day
- Eat a light, nourishing meal
- Eat only light meals two hours after treatment
- Avoid caffeine & alcohol for 24-48 hours
- Ginger & Peppermint herbal teas aid digestion

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Selfcare:

- Walking barefoot on the beach
- Simple foot exercises – ankle rotations, etc
- Use a foot roller or golf/tennis ball to massage the feet
- Massage your own hands as reflexes are found here also

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Stress Reduction Techniques:

- Regular exercise is key to relieving stress and vital to digestion
- Breathing exercises and meditation calm the nervous system

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A liver cleansing diet (annual Spring clean) stimulates the release of wastes from the body. It increases the flow of bile and overall liver function and has a blood purifying effect.

Organs such as the liver, pancreas and gall bladder play important roles in digestion and their healthy functioning is necessary for good digestion. If digestion is poor we cannot get the nutrition and energy we need from food.

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