



Body Treatment Pre & Post Care

Please note that Azalea Beauty & Skin body treatments are for relaxation purposes only. If you have an injury, please refer to your chiropractor/physiotherapist/ doctor (we can recommend a great physiotherapist if needed).

Pre- Treatment:

- Keep hydrated before the appointment.
- Remove and leave all jewellery at home.
- Do not apply any products to your body before the appointment.
- Tell your therapist if you have any physical injuries to be aware of.
- Tell your therapist if you do not want a body part massaged.

What To Expect

- For your comfort, all massage beds have face cradles, and linens are set to provide full body coverage before treatments.
- Our therapists are trained to drape you for privacy appropriately.
- Your therapist will leave the room for you to get undressed/dressed and will instruct you how to lay on the bed. You may also leave your undergarments on if you wish.

Post Treatment:

- Drink plenty of water post-treatment: Massages are quite dehydrating as they take place in a warm environment, and built-up toxins are released.
- Relax your mind post-treatment: Play some peaceful music, meditate, read a book, and take some time to yourself to become one with your mind and body.
- Avoid alcohol, caffeine and carbonated drinks for 12 hours post-treatment.
- Avoid strenuous activity 12-24 hours post-treatment.
- Gentle stretching or going for short walks is recommended.
- Correct your posture and listen to your body.
- Relaxation massage treatments work best when performed regularly.

Maintain Your Results: Environ Derma-Lac Lotion & Body Oil is the perfect duo to maintain smooth, sexy skin at home, with powerhouse formulations containing Vitamins A, C & E, Jojoba Oil and Lactic Acid. For extremely dry or sensitive skin we recommend the Dermaiduals Body Lotion with DMS to repair the skin barrier function.