



Exercise, Sports & Complementary Therapy

Before Exercise & Therapy Advice

Important Information

1

Do...

Bathe prior to attending your appointment to ensure you do not have excessive body odour issues.

Top Tip

Bring a small water bottle in with you as we do not provide plastic drinking glasses, however we do provide water.

2

Are you booked for a gym and a therapy?

If you are booked in for a Gym or Personal Training session, followed by a Complementary Therapy, we ask that you bring a towel, wet wipes or a change of clothing with you as we do not provide showering facilities. Our staff may be unable to provide you with a Therapy after your Exercise if you have excessive perspiration on your body. This is due to health and safety concerns and cross contamination.

3

Are you having an Indian head massage?

Please ensure you have clean hair.

4

Do...


Ensure that if you use a catheter it is empty prior to a Therapy or Exercise.

5

Do...

Inform the Therapist or Instructor of any changes to your health since your last visit.

Do Not...

-  Eat a heavy meal prior to a Therapy.
-  Attend any services if you are unwell.
-  Attend if you have not bathed prior to your appointment or have excessive body odour issues.
-  Wear jewellery or bring large bags*

*The charity will not accept responsibility for loss or damage to any items.

Don't Forget

Remain in your car when you arrive for your appointment, a member of staff will collect you from your car.

MS Research and Relief Fund provide the following Complementary Therapies:



Swedish massage



Sports massage



Indian head massage



Reflexology



Reiki



Exercise, Sports & Complementary Therapy

After-care Advice

Important Information

After Massage

Be aware of the effects that treatment can have on your body. Remember, massage should:

- Boost your circulation
- Release toxins into your body systems
- Balance your energy and emotional systems
- Boost your digestive system
- Assist your immune system

Therefore, in the 12 hours after treatment, you should:

- Relax - save any new found energy for the healing processes that may require it
- Drink plenty of water
- Eat light meals and avoid excess alcohol

Top Tip

Bring a small water bottle in with you as we do not provide plastic drinking glasses, however we do provide water.

Side Effects

Despite all the benefits of massage, several side-effects are possible. These are quite normal and nothing to be alarmed about as long as you are aware of the possibilities.

These include:

Increased perspiration

Flatulence

Excess urination

Tiredness
headaches
& dizziness

Feeling emotional

If you have a medical condition, you may experience a temporary worsening of your usual symptoms.

Could we help?

Body odour is not always caused by not bathing, it can be caused by being unable to dry laundry effectively, and it can be more difficult at certain times of the year. If this is a problem for you and you believe the Charity may be able to help with laundry equipment, please contact our grants team on grants@msrrf.org.uk or call us on 01670 505829.

For more information regarding any of our Complementary Therapies please contact Deborah Davidson, at:

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