Post-Massage Recovery Checklist

This checklist helps the reader support recovery in the day after a massage.

- [ ] Drink at least 8-10 glasses of water throughout the day after the session.
- [ ] Choose electrolyte-rich options such as coconut water instead of sugary sports drinks.
- [ ] Eat light meals built around fruits, vegetables, lean proteins and whole grains.
- [ ] Take it easy for the rest of the day and get a good night's sleep.
- [ ] Stick to light stretching or walking and wait at least 24 hours before resuming normal exercise.
- [ ] Choose a lukewarm shower or cool compresses on tender areas instead of a hot shower or bath.
- [ ] Skip alcohol and caffeine and reach for herbal tea or water infused with lemon or cucumber.
- [ ] Practice slow, deep breathing for 5-10 minutes in a quiet spot.
- [ ] Ask a healthcare provider before taking an Epsom salt soak, and use warm water for 15-20 minutes.
- [ ] Contact a healthcare professional if dizziness, prolonged fatigue or discomfort persists.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/chiropractic/how-to-support-detox-after-a-massage-dos-and-donts/