

Monarch Massage, LLC

Post-Massage Aftercare Instructions

Thank you for choosing Monarch Massage LLC. Following these aftercare recommendations can help maximize the benefits of massage and support your body's recovery and relaxation.

Hydrate Well

Drink extra water over the next 24 hours to help support hydration and normal muscle recovery.

Take It Easy

Avoid intense physical activity immediately after your massage when possible. Gentle movement and stretching are encouraged.

Expect Mild Soreness

Some mild tenderness or soreness can occur after deeper bodywork, similar to post-workout soreness. This usually resolves within 24–48 hours.

Use Heat or Ice if Needed

Warm baths, heating pads, or ice packs may help reduce soreness depending on your body's response.

Listen to Your Body

Rest if you feel fatigued and allow your body time to recover and rebalance.

Avoid Excess Alcohol

Alcohol may contribute to dehydration and can increase post-massage fatigue.

Recommended Rebooking Schedule

General Wellness & Stress Relief: Every 4–6 weeks

Chronic Pain or Tension: Every 1–3 weeks until symptoms improve

Athletes & Active Clients: Every 2–4 weeks depending on activity level

Injury Recovery or Medical Supportive Care: Follow your provider's recommendations and your therapist's treatment plan.

Your health, comfort, and relaxation are important to us. If you have questions or concerns after your session, please contact Monarch Massage LLC.