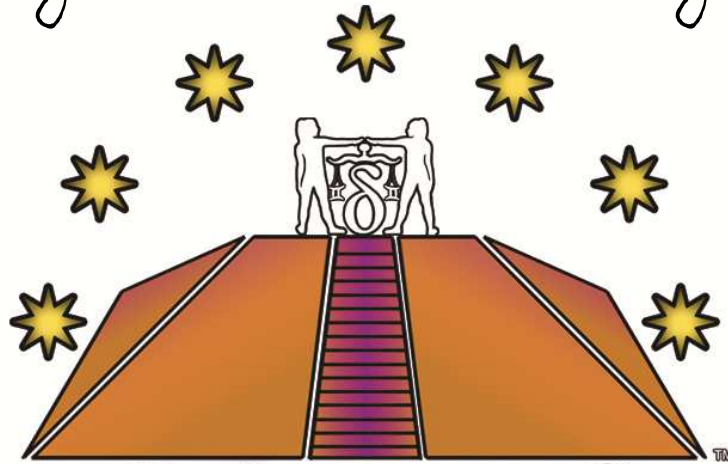


# SAFETY AFTERCARE



## Ashi 4 The Starz™ Make Your Body Feel Like A Million Dollars

AFTER RECEIVING THE MOST EXCLUSIVE BODYWORK ON THIS PLANET, ALL OF YOUR MUSCLES SHOULD BE FEELING LIKE A MILLION DOLLARS, BUT PLEASE UNDERSTAND THAT THE CHANCES OF INJURY ARE MUCH GREATER! IT'S RECOMMEND THAT YOU TAKE THE FOLLOWING PRECAUTIONS FOR THE FIRST 24-48 HOURS AFTER RECEIVING.

### DO NOT

Sit for long periods of time in a hard chair! Examples: surfing internet, sitting in a theatre, long flights, playing cards for an extended period of time, etc., You really do not want to compress your back for at least 24 hours.

Lift heavy objects! Examples: children over 35 lbs., bench press, cement bags, etc., Do not perform any heavy yard work or housework. Be very careful of any exercise at the gym during the 1st 48 hours after massage. Preferably you do not want to exercise & should just relax for a day or two!

Engage in any rough contact sports! Examples: wrestling, boxing, kick boxing, horse back riding, snowmobiling, water sports, etc., Any activity that twists your back muscles like golf could cause more inflammation within the 1st 48 hours after a deep tissue massage. Sports fans, you've been warned, play at your own risk!

Drink heavy alcohol within the 1st 24 hours! You may experience a "lactic acid hangover" due to dehydration coupled with deep compression work. It's truly best to re-hydrate, rest & reap the benefits of this amazing work!

### DO

Drink LOTS of water; flush your system!

Passive stretching (sit on the edge of a chair & hang forward, trying to touch your elbows to floor)  
Always remember to gently stretch, nice and easy & NEVER bounce!

Wear back or neck support if your work requires rough activity daily.

Treat yourself to a hot dry sauna, steam room, jacuzzi or even a nice long bath.

Apply Prossage Heat, Bio Freeze or whichever heating/cooling product works best if you happen to experience any pain in your lumbar/low back region. You can also lie on covered ice packs on the floor with legs up on a chair/sofa.