

balancing of body, mind and spirit.



VISAGE

AFTERCARE

TEMPORARY DISCOMFORT AFTER SESSION

It's not uncommon to experience some temporary discomfort immediately after a session, especially if you pushed your body in new ways. Some of the below can be experienced:

1

JOINT AND LIGAMENT DISCOMFORT:

When alignment happens you may experience mild discomfort as these structures adapt to their new positions.

2

RELEASE OF TOXINS:

In some cases, the release of toxins can lead to a slight discomfort or achiness.

3

INFLAMMATION:

The body's response to the adjustments might lead to a mild inflammatory reaction, resulting in temporary discomfort.

4

POSTURAL CHANGES:

If your posture is being corrected, your body might need time to adjust to the new alignment, which can lead to a brief period of discomfort.



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