

BACK 2 BALANCE MESSAGE

Self-Care Between Massages

*Simple habits to stay relaxed,
loose, and balanced at home*



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BACK 2 BALANCE MESSAGE · BALANCED TRANSFORMATION LLC

A Note From Me

Thank you for trusting me with your care.

When you leave my table, your muscles are softer, your breathing is slower, and your body remembers what it feels like to let go. My hope is that you can hold on to that feeling a little longer, and that is why I made this guide.

Nothing in here is complicated. These are the same small habits I share with clients every week, and the ones I use myself. You don't need special equipment or an hour a day. A few minutes, a glass of water, and some kindness toward your own body go a long way.

Keep this guide somewhere you will see it. Try one thing this week. Then try another. And I will see you at your next visit.

With care,

Back 2 Balance Massage

Why the Days Between Sessions Matter

A massage is one hour. The rest of the week is yours, and it shapes how you feel when you come back.

The way you sit, sleep, move, and breathe all add up. If tension builds all week, we spend much of your next session just catching up. If you care for your body between visits, we can go deeper, and the relaxation stays with you longer.

You don't have to do everything in this guide. Pick what fits your life and your body.

Drink Water

The first thing I tell every client after a massage is to drink water. Muscles and the tissue around them feel better when you are well hydrated, and many people simply don't drink enough during a busy day.

- **After your session:** have a full glass of water within the hour.
- **Start your morning with a glass** before coffee or tea.
- **Keep a bottle where you can see it:** on your desk, in your car, by the couch.
- **Pair it with habits you already have.** A glass with every meal is an easy rule to remember.
- **Eat your water too.** Cucumber, watermelon, oranges, and soup all count.

Five Gentle Stretches

These take about five minutes in total. Move slowly, breathe the whole time, and stop if anything hurts. A stretch should feel like a gentle pull, never pain.

1. **Neck release.** Sit tall. Slowly tip your right ear toward your right shoulder and hold for 20 to 30 seconds. Switch sides. Keep your shoulders down and relaxed.
2. **Shoulder rolls.** Lift your shoulders up toward your ears, roll them back, and let them drop. Do 10 slow rolls, then 10 the other way.
3. **Chest opener.** Stand in a doorway with your forearms on the frame at shoulder height. Step one foot forward until you feel a stretch across your chest. Hold for 30 seconds. This is wonderful if you sit at a desk or look down at a phone.
4. **Cat and cow.** On your hands and knees, slowly round your back toward the ceiling, then let your belly drop and lift your head. Move with your breath for 8 to 10 rounds.
5. **Child's pose.** From your hands and knees, sit your hips back toward your heels and rest your forehead on the floor or a pillow. Stay for five slow breaths and let your lower back soften.

Self-Massage You Can Do at Home

You can't give yourself a full massage, but you can ease a lot of everyday tension. Use gentle to medium pressure, and keep breathing slowly.

- **Hands.** Use the thumb of one hand to make small circles across the palm of the other. Gently squeeze each finger from base to tip. Great after typing, cooking, or driving.
- **Neck and shoulders.** Reach your right hand across to your left shoulder. Squeeze the muscle between your neck and shoulder, hold for a few seconds, and release. Work slowly along the top of the shoulder, then switch sides.
- **Feet.** Sit down and roll your bare foot over a tennis ball, a massage ball, or a frozen water bottle for one to two minutes. Then press your thumbs along the arch.
- **Upper back with a tennis ball.** Put a tennis ball in a long sock. Stand with your back against a wall, let the ball rest between your spine and shoulder blade, and lean in gently. Bend your knees slightly to roll it up and down. Keep the ball off your spine itself.
- **Scalp.** Spread your fingertips through your hair and move your scalp in slow circles, as if you were washing your hair. This is a lovely way to wind down at night.

Avoid pressing on bruises, swelling, varicose veins, or anything that feels sharp or painful.

Heat or Cold?

A simple rule: heat for tight, stiff muscles; cold for a fresh bump or swelling.

	Heat	Cold
Best for	Stiffness, everyday tightness, sore muscles a day or two after activity	A new strain or bump, swelling, the first day or two after a minor injury
Try	Warm shower or bath, heating pad, warm towel	Ice pack, bag of frozen peas
How long	15 to 20 minutes	10 to 15 minutes

Always keep a towel or cloth between your skin and the heat or ice. Never fall asleep on a heating pad. If you have diabetes, poor circulation, or reduced feeling in your skin, check with your doctor before using either.

Breathe to Unwind

When you are stressed, your breathing gets short and shallow, and your shoulders creep up toward your ears. Slowing your breath is one of the quickest ways to help your body relax.

Try this anywhere, for one to three minutes:

1. Sit or lie down comfortably. Rest one hand on your belly.
2. Breathe in slowly through your nose for a count of 4. Feel your belly rise under your hand.
3. Pause gently for a count of 2.
4. Breathe out slowly through your mouth for a count of 6, as if you were blowing through a straw.
5. Repeat, letting your shoulders drop a little more with every breath out.

The longer breath out is the key. If counting feels like too much, simply make each exhale a little slower than the inhale.

Rest and Sleep

Your body does much of its repair work while you sleep. Many clients tell me they sleep beautifully the night after a massage, and these habits can help you keep that going.

- **Keep a steady bedtime and wake time**, even on weekends.
- **Dim the lights and put your phone away** 30 to 60 minutes before bed.
- **Take a warm shower or bath** in the evening to loosen tight muscles.
- **Do the breathing exercise above** once you are in bed.
- **Check your pillow.** Your neck should stay level with your spine, not bent up or dropped down.
- **Side sleeper?** A pillow between your knees takes pressure off your hips and lower back.
- **Back sleeper?** A pillow under your knees can ease your lower back.

Everyday Posture

Most of the knots I find come from the same few daily habits. Small changes here make a big difference.

- **At your desk.** Keep your screen at eye level and your feet flat on the floor. Stand up, roll your shoulders, and walk for a minute or two every 30 to 60 minutes.
- **On your phone.** Lift the phone toward your eyes instead of dropping your head toward the phone. Your neck will thank you.
- **Driving.** Sit close enough that your arms are relaxed and slightly bent. Use a small cushion or rolled towel behind your lower back on long drives.
- **Carrying bags.** Switch shoulders often, or use a backpack with both straps. Lighten your purse when you can.
- **Lifting.** Bend your knees, keep the load close to your body, and let your legs do the work.

A Simple Weekly Plan

About ten minutes a day is enough. Water and breathing are every day; the rest rotates.

Day	Focus	Time
Monday	Neck release and shoulder rolls	5 minutes
Tuesday	Hand and foot self-massage	5 minutes
Wednesday	Chest opener and a posture check at your desk	5 minutes
Thursday	Cat and cow, then child's pose	5 minutes
Friday	Tennis ball on your upper back	5 minutes
Saturday	Warm bath or shower, then a gentle walk	20 to 30 minutes
Sunday	Rest, early bedtime, and scalp massage	10 minutes
Every day	Water and three minutes of slow breathing	5 minutes

When to Check With a Doctor First

This guide is for everyday tension and relaxation. It is not medical advice, and it does not replace care from your doctor.

Please talk to your doctor before trying these stretches or self-massage if you:

- Have a recent injury, surgery, or broken bone
- Are pregnant
- Have a blood clot, or a history of blood clots
- Have pain that is severe, sharp, getting worse, or lasts more than a few days
- Feel numbness, tingling, or weakness in your arms or legs
- Have a heart condition, high blood pressure that is not controlled, osteoporosis, or diabetes

If something doesn't feel right, stop. And please always tell me about any health changes before your next session, so I can adjust your massage to keep you safe and comfortable.

Until Next Time

Self-care isn't selfish. It is how you keep showing up for the people and the work you love.

Regular massage works best as a rhythm, not a rescue. Every two to four weeks works well for many people, and we can find the schedule that fits your body and your budget. The best time to book your next visit is before you leave, while you still remember how good you feel.

I can't wait to see you again.



Back 2 Balance Massage

A Balanced Transformation LLC business

Book online back2balance.glossgenius.com

Call or text 386-898-4967

Notes From Your Session

Areas we worked on, stretches to focus on, and when to come back.
