

RTB Spa, Houston, TX 713-322-6640

After Care: Auricular Acupressure and Electro-Stim

If the endorphins released during your treatment are making you feel subdued, please rest for 5-15 min or until you feel ready to go about your day.

Please be advised your treatment may have released enough endorphins to temporarily mask pain that is still an important signal for you to heed from your body- if you are injured, you should still take caution not to aggravate your condition, take it easy and enjoy the pain relief, rest, heal, and be advised not to do anything that could worsen your condition.

Please stay in touch and let us know how you are doing! **It's BEST to come back in for another treatment as soon as your results fade/ decrease or at least before your results "lose momentum". We recommend 3-7 days as a general rule for most conditions.

Ear Seed Treatments

In addition to the above reminders, please take care of yourself after your ear seed treatment by:

Be gentle with your ear seeds- you don't need to press or massage them for good results. However, you can if you like. Be gentle with a press and hold, and combine this effort with an intentional, deeper, slower, softer breath that has a slight emphasis on the exhale. This will enhance the seeds' effects on regulating your nervous system for a prolonged state of healing and relaxation.

Your seeds are pretty resilient!- they usually stay put for 3-5 days. Sometimes, they can stay much longer as long as they are comfortable.

When to remove your ear seeds;

-If they become uncomfortable- take them out! This isn't a "no pain, no gain situation."

-If the adhesive has started to dissolve from contact with water- the seed will likely slide and not be in the correct position anyway.

-If you are scheduled for another treatment- remove your seeds 12-24 hrs before so your ears can rest and be ready for more seeds.

Happy Seeding!!