

NORTH EAST CLINICAL

HYDRATION AFTERCARE GUIDE



**SUPPORTING RECOVERY, SKIN HEALTH
& SYSTEMIC WELLNESS**

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Introduction: Why Hydration Matters for Wellbeing

Hydration plays a vital role in healing, detoxification, and maintaining overall cellular health—especially after treatments that activate your lymphatic system, stimulate metabolism, or affect your skin barrier. Whether you've received a facial, reflexology or massage therapy, this guide will help you stay hydrated in the days that follow.

THE ROLE OF WATER



- **Boosts Detoxification:** Proper hydration helps flush out toxins and metabolic waste released during treatments.
- **Supports Skin Healing:** After skin treatments, hydration encourages barrier repair, elasticity, and reduced sensitivity.
- **Regulates Circulation & Lymphatic Flow:** Hydration helps carry nutrients and oxygen to tissues while assisting in lymphatic drainage.
- **Reduces Fatigue & Headaches:** Treatments that affect circulation, such as lymphatic or massage work, may lead to mild dehydration symptoms without proper fluid intake.

HOW TO STAY HYDRATED

1. Drink Enough Water Daily to Meet Your Own Needs

- Most adults benefit from drinking more water for 3–5 days post-treatment, so add an extra 2–3 glasses of water to your routine.
- Sip slowly and consistently throughout the day—your body absorbs water best in small, regular amounts.

2. Consider Adding Electrolytes to Your Routine

- Use coconut water, electrolyte tablets, or natural mineral-rich drinks to support fluid absorption, especially when the weather is warmer, and if you are exercising in the days after treatment.

3. Eat Hydrating, Water-Rich Foods

- Include fruits and vegetables like:
 -  Watermelon
 -  Cucumber
 -  Berries
 -  Spinach
 -  Citrus fruits
- They also provide vitamins and antioxidants that aid recovery.

4. Hydrate Your Skin

- Apply topical products with:
 - Hyaluronic acid
 - Aloe vera
 - Glycerin
- These support the skin's moisture barrier, especially after facials.

5. Rest & Support Your System

- Pair hydration with rest and gentle movement (like walking or stretching) to optimise circulation and recovery.



WHAT TO AVOID

- Alcohol & Excess Caffeine:**
Both act as diuretics and may cause dehydration.
- Sugary or Artificial Drinks:**
These can interfere with electrolyte balance and spike inflammation.
- Overexertion:** Excessive sweating through exercise or heat exposure can increase dehydration risk if not offset with fluids.
- Hot Showers or Baths:**
These may dry out your skin post-treatment; opt for lukewarm water and hydrate topically afterward.



SIGNS OF DEHYDRATION

- Symptom & What It May Indicate**
 - Dark yellow urine
 - Insufficient water intake
 - Dizziness or fatigue
 - Electrolyte imbalance or low hydration
 - Dry, tight skin
 - Skin barrier needs both water and lipids
 - Headaches
 - Common in early dehydration stages
 - Cramping or stiffness
 - Loss of hydration in muscles or joints

IF SYMPTOMS PERSIST OR WORSEN,
CONSULT A HEALTH PROFESSIONAL.



HYDRATION PLAN

- Initial Recovery Period: 3–5 days of intentional hydration
- Ongoing Wellness: Aim to maintain 2–3L daily long-term, adjusting for body size, climate, and activity level.

HYDRATION TIPS

- Start Your Morning with Water: Rehydrate after waking.
- Use a Refillable Water Bottle: Track intake throughout the day.
- Set Reminders: Use phone alarms or hydration apps if needed.
- Infuse Your Water: Try lemon, mint, cucumber, or berries for variety and added micronutrients.
- Avoid Chugging: Steady sipping is easier on the kidneys and ensures better absorption.

NATURALLY INFUSED & FUNCTIONAL WATERS

Made ahead and chill for up to 48 hours. Use filtered water, a glass pitcher or jar, and infuse for at least 2-4 hours (or overnight for a stronger flavour).



Citrus Mint Refresh

- $\frac{1}{2}$ lemon, sliced
- $\frac{1}{2}$ orange, sliced
- A few sprigs of fresh mint
- 1 litre filtered water

Benefits: Rich in vitamin C, can support digestion and liver function.

Cucumber & Basil Cooler

- 6 slices cucumber
- 3 fresh basil leaves (lightly crushed)
- Optional: a few crushed raspberries
- 1 litre water

Benefits: Anti-inflammatory, can support skin hydration and detox.

Berry Antioxidant Blend

- 5 strawberries, sliced
- 10 blueberries
- A slice of lemon or lime
- 1 litre water

Benefits: High in antioxidants and vitamin C, can support skin repair.

Aloe & Lime Soother

- 1 tablespoon aloe vera juice (food-grade, inner leaf only)
- 2 lime slices
- Optional: a pinch of Himalayan salt
- 1 litre water

Benefits: Great for skin recovery and digestion, lightly replenishes electrolytes.

Watermelon Mint Elixir

- $\frac{1}{2}$ cup cubed watermelon
- 4 mint leaves, muddled
- 1 litre chilled water

Benefits: Hydrating and cooling, mildly diuretic to support kidney health.

GENTLE, NOURISHING TEAS FOR HYDRATION & RECOVERY

Steep in hot water (just off the boil) for 5–10 minutes unless otherwise noted. Drink warm or chilled. A touch of honey or lemon can be added.

Chamomile & Rose Calm

- 1 tsp dried chamomile
- 1 tsp dried rose petals (culinary-grade)
- Optional: a slice of fresh ginger
- 2 cups hot water

Benefits: Calming, reduces inflammation, great for post-treatment relaxation.

Lemon Balm & Peppermint

- 1 tsp dried lemon balm
- 1 tsp dried peppermint
- 2 cups hot water

Benefits: Supports digestion, reduces bloating, and uplifts mood.

Skin Support Blend

- 1 tsp dried nettle
- 1 tsp calendula
- 1 tsp spearmint
- Optional: slice of orange peel
- Steep for 8–10 minutes

Benefits: Rich in minerals, supports skin healing and lymphatic flow.

Ginger Turmeric Tonic (Anti-inflammatory)

- 3–4 slices fresh ginger
- $\frac{1}{4}$ tsp ground turmeric or $\frac{1}{2}$ tsp grated fresh
- Squeeze of lemon
- Pinch of black pepper (to activate turmeric)
- 2 cups hot water

Benefits: Warming, anti-inflammatory, supports circulation and joint recovery.

Hibiscus & Cinnamon Cooler

- 1 tbsp dried hibiscus petals
- 1 cinnamon stick
- Steep in 2 cups hot water, then chill

Benefits: High in antioxidants, gently supports blood pressure and circulation.

SERVING TIPS

- Add a splash of coconut water to your flavoured water for natural electrolytes.
- Store teas in a mason jar or glass pitcher and chill for a refreshing iced version.
- Use a tea infuser bottle or travel mug to enjoy herbal teas on the go.



FAQS

Q: Is sparkling water okay?

A: Yes, in moderation. Choose options without added sodium or sweeteners.

Q: Can I drink herbal teas instead of plain water?

A: Herbal, caffeine-free teas like chamomile or rooibos count toward your daily hydration but try to mix with plain water intake or try flavouring your water.

Q: How do I know if I'm properly hydrated?

A: Clear or pale-yellow urine, soft and elastic skin, regular energy levels, and minimal thirst throughout the day are good signs.

Q: Should I hydrate differently after certain treatments?

A: Yes. For treatments that encourage lymphatic drainage, and after any detoxifying or exfoliating treatment, increase both water and electrolyte intake.





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