

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

- ½ lemon, sliced
- ½ 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

- ½ 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
- ¼ tsp ground turmeric or ½ 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.





## CONTACT US

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