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Why Drink Water Before & After a Massage?



Constance Seng asked:

An adult can live several weeks without food, however, we can survive no more than about 10 days without water. Our body can only lose about 10% of its water and still live. In general, our body gets dehydrated very quickly. We lose about 2.5 liters of water every day, which we can replace with fluids and foods we consume.

Our body benefits from proper hydration and it is good to keep *drinking water* **without waiting to be thirsty. If you are thirsty, it means your cells are already dehydrated. One clear sign of severe dehydration is where your urine is a dark.**

Drinking water before and after a massage is highly recommended, as it makes it your muscles a lot easier to manipulate. During a good massage, your muscles will be stimulated and blood is circulated rapidly throughout the whole body, and this is the time where water, salt and other minerals are released. Having a glass of water will definitely help your body dispose of any accumulated materials in the muscles. A build up of such unwanted waste after massage can mean muscle aches and soreness.

Also, many people do not realize that massage can be dehydrating. The manipulation of the muscles dehydrates the body and moves the fluid around in the interstitial spaces between the muscles. It is similar to exercising; you lose water and electrolytes when you exercise. By drinking lots of water, you can reduce the chances of pain and soreness in the days following a massage.

Last but not least, for some people, they may feel a little disoriented after massage; having a glass of water can help bring the body and mind back to the present. Drinking water after a massage gives you time to return to reality and begin the next moments of your life.

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