

Natural ways to treat headache pain

MIGRAINE. TENSION. SINUS.



AT THE SPA TRY:

- A deep tissue or trigger point massage.
- Steam treatments & heat therapy.
- Essential oil blends (such as Clear My Head Ache and Clear My Head 2go Sinus Formula).
- To keep hydrated with water.

No matter what type of headache you suffer from, you want relief. Your spa treatments can provide healing relief, quickly and effectively. In addition, a good therapist will teach you self help tips to use at home. Clear My Head has partnered with your spa to bring you tips for real relief, naturally. Try these tips post spa treatments for every day relief:

Deep breathing: Breathe in deeply through the nose, letting your stomach expand as much as possible. It may be helpful to place your hands on your stomach during the exercise to focus on maximum expansion. Once the lungs are at maximum capacity, hold your breath for a few seconds, and then exhale slowly through the mouth. Make an 'O' with your lips as you exhale. Repeat for 3 or 4 breaths, several times a day.

Active relaxation: First tense, then relax each muscle group in the body. Start with the muscles in the feet and move up until you reach the muscles in the head.

At the onset of a headache. Lie down and apply an ice pack to the back of your skull and a hot pad to your shoulders. The ice pack will reduce pain while the hot pad will reduce muscle tension. Use self-massage to ease muscle tension.

Apply Clear My Head Ache to the finger tips and gently massage the area around the temples, forehead and ears. Press thumbs lightly into the area at the base of the skull. Hold firmly for 30 seconds and repeat.

Use acupressure by pressing your thumb into the fleshy part of your hand between your thumb and your forefinger. Hold the pressure for 20 seconds. Repeat several times, as needed.

Avoid environmental triggers, such as bright lights, loud sounds and hot or cold weather. These triggers can make existing headaches worse in some people and can cause new headaches to develop in others.

Slow down and cool off. Some people develop headaches after physical activity. This is often caused by overheating, dehydration or low blood sugar. Drinking fluids, eating a snack and cooling off will generally get rid of a headache in these cases.

Proper posture, according to the Mayo Clinic, can both prevent and treat headaches by supporting your body and preventing strain on your muscles, tendons, ligaments and joints. Hold your head high and shoulders back when standing, keep your thighs parallel to the ground when sitting. Avoid slumping and slouching.

SEE A DOCTOR IF YOU DEVELOP:

- A sudden, new severe headache.
- A headache that presents symptoms such as weakness, dizziness, sudden loss of balance or falling, numbness or tingling, paralysis, speech difficulties, mental confusion, seizures, personality changes, inappropriate behavior, or vision changes (blurry vision, double vision, or blind spots).
- A headache with a fever, shortness of breath, stiff neck, or rash.
- Headache pain that awakens you.
- Headaches with severe nausea and vomiting.
- Headaches that occur after a head injury or accident.
- A new type of headache after age 55.

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