



# POST SESSION

## CLIENT CARE

Each body is unique and each experience of a Biofield Tuning treatment can be different. Most people who receive Biofield Tuning sessions report feeling *lighter, clearer, calmer, relaxed, and more self-aware*

### Detox

On occasion, some may experience a detox post session. Detox symptoms can vary greatly and can include:

- *Notable fatigue*
- *Heightened emotionalism*
- *Headaches and/or dizziness*
- *In very rare instances, mucus, fevers, vomiting, diarrhea, excessive thirst*

Generally, symptoms of detoxification pass within 1-2 days, however, if any symptoms persist, please contact your practitioner for a follow up adjustment.

If you have any questions or concerns at all, please address these with your Practitioner

### Hydrotherapy

*water.  
water.  
water*

Hydrotherapy, in and out, is optimum after a sound therapy session.

Drink plenty of water and herbal tea and soak in a mineral/epsom salt bath for a minimum of 20 mins. This will support the body in detoxifying or releasing any physical components from the blockages released from the energy field.

### Grounding

In climates that permit, connecting the bare feet to the Earth will help to ground your energy, drawing any excess down and out of the body, while simultaneously pulling the Earth's negatively charged ions up into the body.

This helps create a state of electromagnetic equilibrium the system that can potentially relieve a wide variety of discomforts.

### Awareness

Becoming more well-balanced usually requires a change in perception and/or our actions. Simply becoming more *aware* of our habitual & subconscious behaviors, (becoming aware of ourselves from the place of 'the witness,') broadens the trajectory of our life's possibilities.

We become more free to choose healthy and self-supporting behaviors.