



POST SESSION

CLIENT CARE

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

Detox

On occasion, some may experience a detox response 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 1-3 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 Biofield Tuning session.

Drink plenty of water, 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 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 in 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 *aware* of our habitual & subconscious behaviors, especially from the place of the witness, broadens the trajectory of life's possibilities.

This allows more free to choose healthy and self-supporting behaviors.