

Before your Healing Session

Before your healing session please ensure you have completed and returned your clients questionnaire, data protection consent form and covid-19 risk assessment to enable us to provide a session that will benefit you the most. As we will like the sessions to be at its most effective and beneficial to you, we make the below recommendations.

Please wear loose-fitting clothing - no fancy gym clothes needed anything that you will be comfortable in will be perfect. You will be fully clothed during all sessions; we do not require to connect to the bare skin for treatments to be effective however as healing can reduce your body temperature, we can provide a blanket for a 1:1 session should you not feel warm enough, however due to covid-19 you may feel more comfortable bringing your own.

As healing sessions can cause dehydration, please ensure you are hydrated before a session and keep hydrated throughout the day. It is also a recommendation to avoid alcohol or non-prescription drugs 48 hours prior to your appointment and 48 hours after.

Sessions can vary, you may require some quite time after the session so please factor this in when planning your day.

The session will last between 1 to 2 hours depending on the session you have booked and will begin with a brief consultation regarding your health, the reason(s) and what you want to achieve from the session. You will normally be treated on a treatment couch, though it is possible to also work with you seated for most of the therapies. **Please note** – *seated position not possible for past life sessions for safety purposes.*

Voice Sound Healing: The session itself will consist predominantly of the application of the practitioner's voice to specific areas of the body, other instruments may also be used.

Reiki Healing: This treatment can be either be a hands on or off treatment, we do not require bare skin for this treatment to benefit you. Reiki works in and around the energy bodies for a relaxing and healing experience.

Gong Baths: Gong sessions allow the sound and vibrations to wash over clients to provide a relaxing, meditative state. **Contra-indications:** Gong is not suitable for those with Tinnitus/ Meniere's/ Epilepsy or any condition where the condition leaves you sensitive to sound. Any kind of metal surgical implants or screws and pacemakers can resonate with the sound and may cause discomfort.

Past Life Regression: Using hypnosis techniques you will be guided into different current life memories and possible past life experiences to help to clear anything that maybe stopping you from moving on in this lifetime.

At the end of the session, you will be encouraged to discuss your experiences with the practitioner. All information given by yourself will be treated as strictly confidential.

Please note: *A healer is not a doctor and therefore will not diagnose or treat any specific illness. Healing sessions are not to be used as substitutes for severe mental health treatments or treatments for medical conditions. If you have a medical problem, you are advised to seek professional medical help. Please do not stop taking any medication unless told to do so by your medical practitioner.*