



Session Overview - Before, During & After

Before Your Energy Room Session

- > Start hydrating well in advance of your appointment. Water is important to every cell, tissue and organ in the body, and you will have far greater healing potential when properly hydrated. You can bring water with you in the Energy Room. Quantum Leap will also have complimentary water available for you as well.
- > Come dressed in comfy, layered clothes for your session. The temperature in the Energy Room is fairly consistent at ~72 deg. but as you relax, meditate and/or fall asleep, it's natural for the body to cool down. If you are "naturally chilly" in air-conditioned settings, feel free to bring a blanket or a throw to cuddle up in.
- > The Energy Room is carpeted wall to wall and is a shoe free zone. No flip flops, sandals, sneakers, etc. please. There is a shoe cubby right outside the entrance to the Energy Room with plenty of spots to store your footwear during your session. Slippers and socks are ok and recommended for those who have naturally cold feet when bare.
- > Lighting in the Energy Room is quite mellow and is mainly sourced from the EESystem itself. If any kind of light bothers you while you sleep, it is recommended to bring an eye mask. Masks will also be available for purchase from the retail reception area at the front of the center.
- > Many members typically fall asleep due to the nature of the Energy Room itself. On occasion, there may be a member who snores when they sleep (yes, the room will be that relaxing). Should this occur, Quantum Leap will have complimentary ear plugs for you to use or you can bring your own noise cancelling headset or ear plugs.

During Your Energy Room Session

- > Quantum Leap uses a powerful 24-unit EESystem, arranged via 4 towers in each corner of the Energy Room. The towers are balanced using laser precision to create a perfect square, radiating energy evenly throughout the room. Please do not touch the

screens or towers.

> There are 16 total seating areas, 12 of which are individual leather power recliners and 2 are luxury leather 'theater-style' console loveseats.

> The EESystem itself makes no noise and the Energy Room is a **QUIET ZONE** so no talking on cell phones and please keep any necessary conversations short and no louder than a gentle whisper in respect of other members in the room at the same time. If you cannot live without your **cell phone** being with you during your session, it **MUST be placed on silent or airplane mode**, but we strongly urge everyone to leave their phones with their footwear in their cubby during their session.

> If you bring personal items such as a blanket, pillow, eye mask, etc., please make sure they're in a soft sided carry bag / tote with no zippers to access the items.

> Water is the only liquid allowed to be consumed in the Energy Room.

> No food is allowed to be consumed in the Energy Room.

After Your Energy Room Session

> You will most likely feel very rested and energized after each session. It's imperative to continue consuming plenty of water to keep your cells, tissue and organs functioning optimally.

> It is highly recommended to take a 25-30 minute natural salt bath within 24 hours of each session to help rid your body of the toxins brought to the surface of your skin during your session. Your skin is your largest organ which supports the detoxification process which when done, further supports the ongoing healing process your body is capable of.

> If you do not have access to a bathtub, a footbath is the next best option.

> Quantum Leap offers a specialized bath salt mixture that's optimally balanced for maximum benefit, but you can also make your own. [Click here for the salt bath recipe.](#)

***If you choose not take a detox bath, you may experience symptoms such as a headache or nausea due to the toxins getting reabsorbed into your body.*