

# Sonic Facelift Scottsdale

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## Preparing for Your Session

Your session begins well before you arrive. Take time to unwind, slow your breath, and set an intention for what you would like to release or invite into your life. To prepare your system for the deepest benefit:

- Complete your client information packet in advance.
- Allow at least 30 minutes before the session to relax and quiet your mind.
- Write down any themes, emotions, or questions you would like to explore.
- Avoid caffeine, alcohol, sweets, and smoking the morning of your appointment, and drink plenty of water.
- Eat a light, nourishing meal a few hours before the session; avoid heavy or fried foods.
- Wear comfortable clothing.
- An Epsom salt bath before or after your session can help clear residual energy and support relaxation.
- Hydrate throughout the day with at least six to eight glasses of water.

## In-Person Sessions

Your in-person experience takes place in a private healing space designed to feel calm, restorative, and grounded. Before each appointment, the space is cleansed and prepared with care. I begin by activating the Seraphim Blueprint healing frequencies and performing an aura and chakra cleanse to ready your energy field for the session.

When you arrive, we'll briefly discuss your goals and determine the approach that best supports you. While Reiki is traditionally practiced with light touch, it can be fully hands-off at your request. Each session may draw upon a range of modalities, including Holy Fire® III Reiki, Karuna Reiki®, Seraphim Blueprint frequencies, Acutonics® tuning forks, crystal placement, sound bowls, and aromatherapy.

The session itself is typically quiet, accompanied by gentle music. You may fall asleep, feel warmth or tingling sensations, or notice waves of deep calm. These are natural responses to energetic alignment. You should never feel discomfort—please communicate if you do.

## **Distance Sessions**

Distance sessions offer the same level of energetic focus and precision as in-person work. We will agree on a specific time for your session; choose a space where you can lie down undisturbed. You may wish to light candles, play soft music, or simply rest in stillness.

These sessions involve Reiki energy transmission and intuitive frequency alignment. BioMat® infrared therapy is available in-person only. Many clients report sensations of warmth, spaciousness, or deep rest, as well as a renewed sense of clarity following distance work.

## **After Your Session**

You may feel very relaxed or lightly disoriented, so give yourself time to rest and integrate. Drink water generously and nourish your body with clean, plant-based foods. A small piece of dark chocolate can help ground your energy.

An Epsom salt bath can further support release and relaxation. You may continue to feel subtle effects for several days as your body and energy field recalibrate. Some people experience emotional release or mild detox symptoms such as fatigue, vivid dreams, or temporary sensitivity. These are normal indicators of energetic realignment and typically ease within 24–48 hours.

Hydration, rest, and gentle movement are supportive. Journaling reflections or insights can also deepen the process. With continued sessions, many clients experience progressively deeper clarity, emotional balance, and a sense of vitality.