

High Priestess Herbal Care

What to Expect from Your Sacred Body Work Session

WHETHER YOU'RE RECEIVING CRYSTAL MASSAGE, ENERGY HEALING, SOUND THERAPY, OR A FULL-BODY SPIRITUAL RESET, SACRED BODY WORK IS A HOLISTIC HEALING EXPERIENCE THAT SUPPORTS YOUR MIND, BODY, AND SPIRIT IN COMING BACK INTO ALIGNMENT. HERE'S HOW TO PREPARE AND CARE FOR YOURSELF THROUGH THE PROCESS:

BEFORE YOUR SESSION: Preparing Your Body + Energy


- Hydrate well. Drink water throughout the day to prepare your body to release and receive.
- Eat light. Avoid heavy meals right before the session to keep your energy clear and flowing.
- Dress comfortably. Loose, breathable clothing or something you can easily remove if undressing is required for massage or cupping.
- Set an intention. Reflect on what you're calling in or releasing—whether it's clarity, emotional healing, stress relief, or spiritual alignment.
- Avoid stimulants. Refrain from caffeine, alcohol, or recreational substances beforehand for best results.
- Arrive early or ground yourself. If in-person, come 10–15 minutes early. If virtual, take a few minutes to ground and center.

DURING YOUR SESSION: What Happens Inside the Healing Space

- You'll be supported into deep relaxation. Most sessions begin with breathwork, meditation, or sound to shift you into a calm, receptive state.
- Your practitioner will work intuitively. Depending on the session type, this may include:
 - Chakra alignment or balancing
 - Crystal placement on or around the body
 - Reiki or hands-on/hovering energy work
 - Sacred massage with oils or herbal infusions
 - Sound healing with tuning forks, singing bowls, or drums
 - Gentle movement or breath prompts
 - Cupping therapy or other traditional tools
- You may feel physical or emotional sensations. Warmth, tingling, tears, or memories may arise. This is a natural part of releasing and healing.
- You are held in a nonjudgmental, sacred container. Everything you experience is honored with care and confidentiality.

Aftercare: Post-Session Guidance

- Drink water or herbal tea. It helps flush toxins and integrates energetic shifts.
- Rest and nourish your body. Your system may continue clearing for 1–3 days after. Gentle food, warm baths, and rest are encouraged.
- Avoid overstimulation. Give yourself quiet time—limit phone use, social media, or stressful environments.
- Journal your experience. Messages, emotions, or visions may surface. Writing them down helps process the healing.
- Stay open to the shifts. Changes may unfold gradually—trust your body and spirit to guide the integration.

 **If you have questions or feel emotional after your session, that's normal. You are always welcome to reach out for support or a follow-up.**