

**Please let me know if there is anything important that I should know before the session, such as any severe mental health or medical/mobility conditions**

Hello,

I hope this message finds you are looking forward to our upcoming session. To ensure you have all the essential information in one convenient place, I'm sending you this comprehensive letter.

**Consultation Form:**

If you haven't already, please make sure to find the consultation form. If you need another copy, don't hesitate to reach out, and I'll provide one for you. Returning this form promptly will greatly assist in tailoring your session to your specific needs.

**COVID Protocol:**

For everyone's safety, I will be wearing a mask during any close-contact sessions, such as energy work. I would really appreciate it if you could too, although this is optional. Additionally, please note that if you answer "yes" to any of the following questions on your appointment day or running up to your appointment, we'll need to reschedule your appointment:

Have you tested positive for COVID-19 in the past 7 days?

Has anyone in your household tested positive for COVID-19 in the last 7 days?

Are you experiencing symptoms such as a high temperature, cough, sore throat, respiratory illness, shortness of breath, or loss of smell or taste?

**Payment:**

To secure your sessions, a deposit equal to half of the session cost is kindly requested. If you've already completed this step through our website, please disregard this request. The remaining session fee should be paid on the day of your session by bank transfer, card or cash. Here are the bank transfer details:

Sort code: 20-77-85

Account number: 93977579

Reference: Please include your first name and the session date.

While I do have a PayPal account, I prefer bank transfers if possible, to save the fee. If you much prefer this option, I can send you the details.

Prices:

**Reiki/Spiritual Healing/Access Bars** 1 hour £55 1.5hrs £75

**Aromatherapy Massage** 1 hour session £55

**Massage & Reiki or Bars or Spiritual Healing** 1 hr £551.5hours £75

**2 Hour Massage & Energy Therapy** Mix £99

**Cancellation Policy:**

I want to express my sincere appreciation for your understanding and cooperation with my cancellation policy. Your assistance in this matter is invaluable to me as a self-employed therapist. I kindly request that you provide as much notice as possible for any schedule adjustments, as many of you tend to book your sessions well in advance.

It's important to highlight that with short notice, typically less than a week, it becomes increasingly challenging for me to fill the vacant slot. As the sole worker with an average of only two clients per day, last-minute cancellations can have a significant impact, which might not always be fully realised.

If you find yourself needing to reschedule more than 24 hours before your session, there won't be any additional cost, and I will apply your deposit to your next appointment. However, if you must cancel within 24 hours of your session, I will regrettably need to charge half of the session cost. This policy is in place to help me manage my schedule effectively and ensure I can continue providing these valuable therapeutic services. Please be aware that while deposits are non-refundable, they are transferable to a future appointment.

Your continued support and understanding in this matter enable me to maintain the quality and availability of my services. I truly appreciate your cooperation and look forward to continuing our therapeutic journey together.

**Directions & Parking:**

When you arrive, head onto Vineyard Road, then turn onto Caldercrofts. The location is at the end of the road. Please park on the driveway at the address provided. I'll be there to greet you at your session time. Feel free to wait in your car if you've driven; I'll come to the door to guide you to the garden therapy room. If you prefer to meet at a clinic, please note that I also offer sessions on some Saturdays in Market Drayton.

If you have any questions or need further clarification on any aspect of your upcoming session, please don't hesitate to contact me.

I'm eagerly looking forward to meeting you and assisting you on your path to well-being.

With warm wishes,

Rebecca

**Rebecca Garratt Therapies**

Hypnotherapy, NLP, IEMT (Eye Movement Therapy), Aromatherapy Massage, Reiki, Access Bars & Spiritual Healing

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