



Self-Selection Session

Information Sheet

When to arrange a session

- ❖ If your animal is pregnant, has recently given birth or still feeding their young it is better *not* to arrange a session at this time.
- ❖ We would not advise you arrange a session 10 days prior to any animal competing.
- ❖ We would advise you arrange a session around 5 days after:
 - any new medication has been started
 - your animal has been given wormers
 - your animal has been vaccinated
- ❖ The session can take around 2 hours from start to finish; please ensure the session is arranged at a time when there will be no interruptions as this will be more beneficial for the animal.
- ❖ If your animal has had recent major trauma, has major swelling or suffered cramps in the last 7 days it would be better to arrange a session at a later date.

Prior to the session

- ❖ Please complete the consultation form and return it, if possible, 5 days prior to the session. At this time please let me know if you or any member of your family is pregnant who will be handling any of the products.
- ❖ Please ensure you contact your vet prior to the session to advise them you are looking to arrange a session where herbs and gentle essential oils will be offered for self-selection. Please let me know if your vet does not wish the session to go ahead, or requires any further information - which we are more than happy to provide.

Preparing for the session

- ❖ On arrival, please let me know if there are any changes since completing the consultation form.
- ❖ We would recommend your animal is fed (at their scheduled time) prior to the session taking place as hunger may affect their selection. For horses, please ensure hay is available during the session.
- ❖ If your animal is taking any medication please ensure this has been taken at least 2 hours prior to the session taking place.
- ❖ Please make available fresh, clean water during the session.

After the session


- ❖ Please allow a couple of hours after the session where your animal can rest and not be disturbed as often they are still processing; this will ensure the best outcome.
- ❖ Some animals may be sick (purge) after a session to cleanse the gut from unwanted or undigested material. A purge may also present as loose stools or diarrhoea. This is nothing to be alarmed about and may last for a further 24 hours, or occasionally longer. However, you may want to be mindful where your animal will be located after a session.
- ❖ Some animals who have past trauma may display agitated or behaviour out of character following the session, but again this is a natural part of the process.
- ❖ You should continue to offer the products that were selected by your animal as advised, and record any changes. This information could be used at any follow-up sessions.
- ❖ We would recommend any medication is taken by your animal about 4 hours after the session ends.

Recommended Product Suppliers:

www.neoils.com
www.indigo-herbs.co.uk
www.naturallyanimals.co.uk
www.myanimalmatters.co.uk
www.animalaromatics.co.uk
www.carolineingraham.com/botanics

Payment methods

Payment can be made prior to the session, or at the session itself, by using any of the following methods:

- ❖  - holistichoundaoa@gmail.com
- ❖ *Cash or card payment* at the session
- ❖ Bank transfer:
Bank: *Cashplus*, Account: *Holistic hound and other animals Limited*,
Sort Code: *08-71-99*, Account number: *00250124*.

Please quote your animal's name for reference.

Privacy Policy

Personal data collected by us will include your name and address, and data relating to the health and history of your animal, as well as any changes that may occur to their health, well-being or performance. You may have access to your data and have the right to request this to be erased. Information will only be shared with the animal's vet or other professionals as requested by you and the animal's vet. Your data will be securely stored for up to 7 years, and will only be used by us for communication with yourself. Should you have a complaint, you have the right to request contact details in order to lodge this.

Tel: 07910 155552
Email: holistichoundaoa@gmail.com
Website: www.holistichoundaoanimals.co.uk

