

Read Before Your Scalar Experience

During your Scalar Experience

- Raise Your Vibration uses a Scalar System and can accommodate up to 4 guests for 30 minute - 2 hour sessions. Scalar waves are non directional and fill the entire room.
- Please keep your cell phone silent & refrain from using it or reading during your session. It is in the restful state where healing happens. If you get a call while in the room, please leave the room to talk.
- There is a restroom in the front of the store for your use.
- Water is allowed in the room, but no other food or drink.
- Do your best to calm your body; close your eyes and relax!

After your Scalar Experience

- Please consider giving Raise Your Vibration a contribution.
- Clean you chair (arms and neck pillow) with provided wipes.
- You'll likely feel rested and rejuvenated after your session. Continue to drink plenty of water to flush the toxins of your system.
- **A NATURAL SALT BATH IS HIGHLY RECOMMENDED AFTER EACH SESSION, TO HELP WITH DETOXIFICATION AND THE HEALING PROCESS.** You have just brought all of the toxins close to the surface of the skin, the detox bath will flush them out of your system, You can either take a detox bath or detox footbath. Special salt blends are available for sale in our store. Please see instructions below for taking a detoxifying salt bath. **DO NOT USE EPSOM SALTS.**
- You can bring in stones to room and they will be scalar enhanced.)

Directions for using detoxifying bath salts

- *Add 2 cups of Himalayan salt or sea salt and 2 cups of baking soda to a warm bath**
- *Bathe for 20-30 minutes.*
- *Follow with a lukewarm shower to remove any excess salt from the surface of your skin.*
- *Your body may sweat after the bath, continuing to eliminate toxins.*
- *If you're unable to take a bath, do a hot foot soak in a pail or foot bath for 30 minutes.*

* If you choose not to detoxify, you may experience symptoms such as a headache and feeling nauseous and it is possible the toxins may get reabsorbed by your cells.

Please, TAKE THE SALT BATH AND DETOX.