



RESONANCE

WE LOOK FORWARD TO SEEING YOU

-Please dress comfortably. Any metals (jewelry, coins etc.), electronics (cell phones, smart watch etc.), and footwear must be removed prior to entering the egg (exceptions include permanent medical devices or implanted metal).

-Refrain from consuming any mind-altering substances before your session such as alcohol or illicit drugs. Continue taking any prescribed medication as directed by your physician.

-Please arrive well hydrated, however, refrain from consuming liquids about an hour prior to your appointment time to minimize the chance of having to use the restroom part way through the session.

-Please reschedule any blood work or any other energy work (e.g., massage, acupuncture, reflexology, cranial sacral therapy, EMDR, Bio Mat, breathwork, sound bath, etcetera) until 5-7 days after your session. Your treatment will be integrating over the next 5-7 days and receiving more energy work in addition to this will overload your body.

-Commit to drinking at minimum 90oz of water per day for the integration period, as well as 1-2 servings of electrolytes.

