

Sound Healing pre-treatment and aftercare information sheet

The session will be most effective if you are comfortable. Please wear loose-fitting clothing. There will be blankets on hand should you not feel warm enough during the treatment.

The session will last about an hour and will begin with a brief chat about your health and the reason/s for your visit.

If you are having an in person session, you will normally be treated on a treatment couch though it is possible to work with you seated.

The treatment itself will consist predominantly of the application of the practitioners voice to specific areas of the body but other instruments may also be used.

At the end of the session you will be encouraged to discuss your experiences with the practitioner and will also be asked to provide further feedback one week later.

Aftercare

You will probably want some quiet time after the session so please factor that in when planning your day.

All information given by you will be treated as strictly confidential.

You may experience some discomfort after your treatment. This is caused by your body trying to heal itself. Your symptoms may get worse before they get better. With most people this process generally takes 2-3 days.

In the 2-3 days after your treatment drink plenty of water, take some gentle exercise and take it easy. Give your body a chance to heal itself.

If you are feeling discomfort after 5 days please contact your practitioner.

Please note: A Sound Healer is not a Doctor and therefore will not diagnose or treat any specific illness. If you have a medical problem you are advised to seek professional medical help.

These are recommendations based on information from the College of Sound Healing and copyright of this information in this document remains with them.

Energy healing to help you back to balance

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