



After-Care Instructions

1. Drink plenty of water to not only keep you hydrated but also to allow any toxins released by the sound healing to be flushed from the body.
2. Following the sound healing session it's best to take it easy, rest, relax, go for a walk and avoid stressful situations.
3. It is a good idea to avoid electronics for at least 30 minutes to allow the for a fuller acceptance of the session.
4. Consider a sugar free and high natural foods in the highest quality for 2-3 days for a deeper affect.