

Before & After Your Treatment

AT LEAST 24 HOURS BEFORE YOUR SESSION:

- DO NOT drink alcohol, take any recreational drugs, or consume a large amount of sugar.
- Get out into nature; take a nice walk and ground yourself to the earth.
- Drink water for the majority of the day and substitute unhealthy drinks with healthier options.
- Get adequate sleep
- Relax, try to keep your day as stress free as possible.

AFTER YOUR SESSION:

- Drink plenty of water.
- Refrain from listening to loud music. Listen to soft music or natural sounds instead.
- Relax as much as you can for the rest of the day.
- Pay attention to your life throughout the week!
Journal any changes you are experiencing .
- Most importantly, be proud of yourself! You just took a big step in your self-help journey.