

REMINDERS AFTER TREATMENTS:

- Drink lots of water!
- For 2 hours after treatment JUST RELAX, no lifting, stretching JUST RELAX
- 72 hrs after treatment your body will still be shifting

You could experience

- chills
- headaches
- overtired
- very weak
- having to go to the bathroom a lot
- high or low energy
- soreness
- heat or cold in parts of your body that may have shifted
- emotional levels could be higher (crying, depressed.....)

OR you might not feel anything BUT your body has been working to release toxins.

SELF-CARE is very IMPORTANT!!

- Usually after the 72 hrs your body will seem to settle down and you'll feel better.
- One treatment does not fix all your problems.

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Offering: CranioSacral therapy, Acupressure, BodyTalk, Reiki and Equine Personal Wellness Programs.