



Treatment Aftercare

BE KIND TO YOURSELF - TAKE IT EASY!

Set aside some time after your session, even if it's just 30 minutes. You may experience sleepiness, light-headedness, or other sensations after your treatment. Please make sure you feel steady and awake before you drive or go back to work etc.

HYDRATE YOURSELF

Drinking plenty of water flushes out toxins and tired energies, in turn this will support the healing energies to continue.

EAT HEALTHILY

Eat plenty of fresh vegetables and nourishing foods for the rest of the day of your treatment, and for the rest of that week if you can. Processed and stodgy foods make us feel heavy and energy depleted.

AVOID ALCOHOL AND TOBACCO

Alcohol and tobacco dull our senses and therefore our energies. Avoid both for at least 24 hours. Reiki cleanses, balances and heals, so try to stay fully present with what's going on around you.

NOTICE YOUR FEELINGS

Know that what ever you feel is OK. Nothing is permanent, not even joy, bliss or happiness. Make some notes, and try to write things down in a journal. Do you notice any patterns, recurring thoughts or feelings?

ANY CONCERNS OR QUESTIONS

If you have any concerns, issues or questions please dont hesitate to get in touch! I'm here to support you on this journey. Namaste

Chelina

Contact Chelina on Mobile: 07939 069234

Email: chelina@bella-mente.co.uk

