

## **CLIENT AFTER CARE INFORMATION**

**If you follow these guidelines, the sound healing process will have a deeper and longer lasting effect.**

- For the healing process to be most effective we have found that an initial program of 4 sessions is recommended. You may find that a longer or shorter course of treatments will work best for you. Your sound healer will discuss this with you at the time of treatment.
- If you feel ungrounded at the end of a sound healing session try to eat or drink something. Please do not drive or operate heavy machinery after the treatment if you are feeling ungrounded.
- Following the sound healing session it's best to take it easy, rest, relax, go for a walk and avoid stressful situations.
- When you get home have a bath or a shower as the water will allow the sounds to sink in deeper and last for longer.
- Please avoid red meat, alcohol or any chemical toxins for the next 24 hours
- Please 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.
- There are no officially recognised side effects of sound healing.
- Sometimes complementary therapy can cause a healing reaction. During or after the sound healing session, you may experience a worsening of symptoms before they get better. In the unlikely event that a healing reaction does happen, you can contact me to discuss this matter. If you feel the situation needs closer attention you should contact your doctor / physician. If you feel you need immediate medical care, you should not hesitate to contact a medical professional.
- I will give you recommendations for self-care to be done in-between the sound healing sessions and / or at the end of a course of treatments.
- If you have any questions, please do not hesitate to contact me:

**For further information, please contact:**

**Practitioner: Kordula**

**Tel: 07487 525207 Email: [k@kordulaxel.de](mailto:k@kordulaxel.de)**