



**\*CRYSTAL THERAPY\*ANGELIC REIKI\*ANGEL CARD  
READING\*MEDIUMSHIP\***

### **AFTER CARE**

1. Drink as much PURE water as possible (no less than 6 glasses a day) as this assist in the flushing of toxins from the body (splash the system out). Avoid stimulating substances e.g. coffee, alcohol (for next 48 hours).
2. Do as much walking as possible each day, help with groundings. (preferably at least 20 minutes).
3. Be alert to your diet, try to eat as much unprocessed food as possible, pay attention to eating, plenty of fresh fruit and vegetables.
4. You may feel tired after your treatment, listen to the needs of your body and allow yourself to relax and sleep (as this is needed to balance the energy in the body).
5. You might experience emotional swings, emotional releases, hot and cold flushes, headaches and body aches may be also experienced, these are positive signs that your body is responding to the treatment / healing. The rebalancing process is working.
6. As the healing takes place, you may experience an energetic detox. When negative energy quickly leaves your body. This can lead to difficult emotions being brought to the surface. Please be patience and kind to yourself while the energy is rebalancing.
7. No other form of therapy for at least one week (the energy will take place and rebalance by itself).
8. Focus on recurring thought and behaviour patterns, begin to pay attention to how you are programming your own state of health.
9. Book a 'follow on' session for two-three weeks after the session. A minimum of three/four sessions is recommended. (clients believe that one session is enough and yes one FIRST session can bring about major energy shifts, but any kind of therapy is not quick fix, every time we treat, cut off or release more and more blocks, negative spirals and release stubborn energy will help us to understand our purpose of life and move forward).

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