

Preparing for Your Special Time

Before:

Take a salt bath or salt shower prior to the session.

Salt Bath - 1 -2 lbs of salt; you can add 12-15 drops of essential oil of your choice like basil, sage, lavender. Allow for a 15-20 mins soak.

or

Salt Shower- 2 handful salts and scrub all over body. You can add a few drops of essential oil as well. Remember also use some salt on the hair. Our hair carries a lot of stress energy.

*Regular table salt (not iodized) or Sea Salt would do. Target sells table salt for around \$. 80 per lb.

I have partnered with Plant Prana to offer a turnkey super valued kit for my clients for your energetic hygiene. In my 20 years of working with essential oils, I have not found essential oils as high frequency/vibration and pure as Plant Prana. I would also like to caution you that 90% of essential oils in the market are either adulterated or fake and not recommended for healing purposes. Here's the Kit (copy and paste to browser):

[Lightworker Studio Starter Kit](#)



After:

Please try not to shower until the following day. Energy healing has a time-lag, and the healing can unfold over several days. If you notice old thought patterns, negative emotions surfacing the following day, do some gentle exercise. A walk in nature also helps.

I personally love to drink lemon infused water after healing sessions.

Be gentle with yourself and allow the healing energies to assimilate and stagnant energies to expel. Depending on how your session unfolds, I may recommend you to do a salt bath after your session.