



HARMONY HEALING

Heal Your Body, Create Peace of Mind
Increase Your Energy

Post-Session Information

Thank you for coming in today.

What happens after your session?

You may feel physical symptoms (fatigue, aches or flu-like symptoms) and/or you may have an emotional release. Not to worry, these are all signs that your healing has begun. You may continue to experience these symptoms for the next few days.

Why is this happening?

Your treatment has initiated the healing in your mind, body, & spirit. Your physical and energy bodies are responding and integrating the healing and balancing your system.

Caring for yourself post-session.

- Drink lots of water
- Be patient with yourself. Allow your emotions to surface and be released. Allow for extra rest/sleep.
- Meditate. Take walks in nature.
- Do yoga, we especially recommend restorative yoga at this time.
- Take a hot bath with Dead Sea salts.

Feel free to contact me with any questions or concerns.

I look forward to your next visit!

In love & light,

Patty Alfonso, BMC, EHT

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