



My Reiki Appointment

PREPARATION ADVICE

- Read the **Reiki Info Guide** sent to you.
- Clear your schedule on the evening of your session and the next day (your nurture day).
- Make sure you don't plan something social. Go straight home after your session.
- Spend time thinking about what you want to change, release or heal in your life & set your intention in advance.
- Refrain from drinking alcohol or doing anything that will interfere with your healing the day before, the day of and the day after your session
- Perhaps buy a journal to record your healing journey, some Epsom, Himalayan or sea salt for a bath or scrub post session & some sage incense to clear your home of any negative energy.
- Fill out in-take forms at home and bring if you want to save time (but not necessary as we have forms on site)

Charmaine: 07 34 10 98 97

This number is off during client sessions



TIP: You may want to bring some warm clothing & socks as energy is drawn into the main body during healing (chakra centers) and can slow down circulation of the limbs during the session and make you feel more cold than normal (even on a baking hot day).

Please Note:

Charmaine works much in her right hand brain whilst in therapy session hence why payments are asked for in advance and follow up appointment making is done in office time as the analytical/ logical side of the brain is turned off. Thank you for understanding.

You Will Receive More Info Post Session.

TIP: Reiki energy healing goes to most immediate need first. If you are full of toxins i.e. hung over... it'll start healing that part first instead of your healing intention, so give your intention more of a chance by detoxing physically before you come.



THE DAY OF YOUR SESSION

- Try & avoid caffeine, sugar or any toxins for up to a few hours before session.
- Don't eat anything heavy for up to a few hours before you come but don't come hungry. A very light snack is ok.
- Look up the directions & address well in advance & plan time for parking so you are not anxious when you arrive.
- Remember to only arrive only five mins early or exactly on time for your session as another client may still be finishing the session
- Pls do not ring the door bell until your appointment time
- Wear loose fitting comfortable clothing
- Bring warm socks and a sweater (we do have blankets too).
- Turn your phone off and take your shoes off when your arrive in reception.
- You may want to buy yourself bottled water but we do have filtered water on-site.

WHERE IS IT?

MY URBAN RETREAT

@ The Core Fit Centre
6th Floor (left out of lift)
The Regent Building
19 Regent Rd
Sea Point
CT 8005

TIP: The more power & thought you have behind your intention to heal, the stronger energy you'll pull it through into yourself in session.