



**\*PLEASE READ CAREFULLY\***

## Program Protocols and Conditions

1. **Dress comfortably when visiting.** Long pants and socks are recommended. Please refrain from wearing any perfumes, colognes, or essential oils. All metal, including jewelry, should be removed for the session. (Pacemakers and implanted metal are permissible.) Be prepared to relax during your session. It doesn't matter whether you sleep and it doesn't matter if your eyes are open or closed.

2. **Commit to drinking 60-90 ounces to a gallon of water a day** for 5-7 days after a session. Other factors that can aid the healing process are: eating a healthy diet; avoiding stimulants (caffeine and nicotine); eliminating the use of alcohol or drugs; getting enough rest; and the *big one*...try to reduce STRESS.

3. **Use this time to relax and heal.** Strenuous exercise is discouraged 1-2 days after sessions. Try to stay at 60-70% of your activity level.

4. **Should you plan more than one visit?** Everyone is different, thus the number of sessions is dependent on the individual. Most people need 6-10 weekly visits to achieve good results. After you reach your wellness goals, monthly maintenance sessions are recommended.

5. **Reschedule any** blood work, massage, acupuncture, Reiki, biofeedback, Bemer, cranial sacral, EMDR, BioMat, infrared sauna or any other energy work for 5-7 days after an Egg session and 1-2 days before. People who perform energy work will be fine doing their work, but should not have work done on them.

6. **Cancellation Policy requires a 24 hour notification** or you will be asked to pay a \$25 fee. Thanks for understanding.

7. By signing this you are acknowledging Harmonic Wholeness is not your primary care physician.

X \_\_\_\_\_

By signing this form, you the client, agree to all the above.

Print Name: \_\_\_\_\_ Date: \_\_\_\_\_