



After Care

Please be aware that Crystal Healing and/ or Reiki will naturally return your body to a pure state of being and eliminate any toxins within the body via the appropriate excretory systems. Below is a list of possible Detox sensations that may be experienced.

Sweating	}	DETOX
Increased urination		
Increased secretions		
Tingling	}	ENERGY MOVEMENT
Trembling		
Shivering		
Yawning		
Flatulence		
Feeling off Balance	}	RE-BALANCING
Aching old injuries		
Disrupted sleep		
Aggravated skin conditions		

Other possible Detox sensations could include:

- Headache/ migraine
- Flu like symptoms
- Feeling various emotions arise
- Crying
- Sleepiness/ fatigue

You may or may not experience Detox sensations, healing is always individual and aimed toward your Highest Good therefore the results **will** always be positive.

Please ensure you drink lots of water after the session and keep well hydrated for the following days. Allow your body to feel what it needs to and if you can, avoid consuming caffeine and/or alcohol after the session.

I hope that you have enjoyed your healing session and journey back to health, happiness and a balanced state of well-being. If you have any questions regarding your healing experience, I am here to support and offer you guidance please feel free to contact me.

Contact Details:

Email: ambaholistics@gmail.com

Tel: 07446861669