



You Well Now Pre-Session Information

Please make sure you have emailed me your General Intake form. Please email it to me at least 48 hours before in order to give me time to go over it.

Please ensure that you have printed out and signed the Waiver and Release forms.

No sessions can take place without these important documents.

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Preparation:

We want to make sure that your energy is as clean as possible for the sessions.

Days Prior to Healing

(duration to be indicated by Melissa prior to sessions)

NO

- sugar
- caffeine
- alcohol
- meat (fish ok and egg O.K.)

YES

- eat a good amount of whole, organic, unprocessed foods
- drink plenty of water in the 5 days leading up to the sessions
- If possible and SAFE, please try to avoid taking medication or prescriptions on the day of your session. **Please only do this if it is OK'ed by your doctor or other medical professional and is SAFE for you to abstain.**
- Please avoid over the counter medication or pain relievers etc.
- If you meditate, please try to do at least a short morning meditation the day of your healing.
- Please try to get enough sleep the night before your healing session.

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Clothing:

Please wear light colored clothing.

In some cases you will need to bring a mat, blankets, pillow or anything else needed to be comfortable during your session.

Turn off all electronic devices i.e. computers, cell phones, tablets, alarms, etc.

Please allow yourself time after your healing before attending meetings, making phone calls, etc. A minimum of an hour is recommended, however, the whole day is preferable.

Please have a snack handy to eat to help ground yourself after your session.

"Stop":

If at any time you want your session to stop, simply say the word "stop" and the session will end. If I hear the word stop I will stop what I am engaged in and ask you to confirm the word "Stop". If you confirm I will stop the session. If I stop the session because you have spoken the word stop, there will be no money refunded.

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Late/Cancellation/NoShow:

Time is precious. ;) Please do not ask me to waive my fees.

If you are more than 20 minutes late there will be a \$25 fee per each period of 20 minutes you are late.

If you cancel less than 48 hours in advance I charge a cancellation fee for the price of the agreed upon session/s (example, if we had scheduled two sessions in a row, you would be charged for both sessions).

If you don't show for the session or arrive more than 1 hour late I reserve the right to cancel the appointment and charge you for the scheduled session, **plus up to \$100 fee on top of this.**

If you don't send me the required signed documents within the timeframe, I will ask to reschedule our appointment. ***If this is not possible, the same cancellation fees will apply as are written above in this case.***

*If you show up to the session without the signed forms, we will need to reschedule the appointment. **The same cancellation fees above apply.***

I will be available to answer questions after your session/s through phone or email. I will be following up with you after the sessions to give vision and check in.

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Please email me back so that I that you have understood everything and let me know if you have any questions.

Thank you. I am really looking forward to our session!

Love

Melissa Levi

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Owner of You Well Now

IST Practitioner

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