



## AFTERCARE INSTRUCTIONS

1. Drink lots of water
2. Rest
3. Depending on the session and the person - some people feel super energized and others feel under the weather for a bit. Either experience is perfectly okay
4. If you are ever unsure about what you are experiencing, reach out for aftercare followup. It is included in your session pricing for up to 72 hours after the session

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Reiki Practitioner

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Date