



Preparing for your Somatic Healing Session

What to Wear

- **Skip the Fragrance:** Please avoid wearing any fragrances, including essential oils, as they can interfere with the healing process and may affect others.
- **Comfort is Key:** Wear loose, comfortable clothing that allows for movement. Leggings, sweatpants, or similar attire work best. Avoid jeans or restrictive clothing.
- **Hair Considerations:** If you're receiving cranial sacral work, expect your hair to get a little messy. Wear it loose or use a removable claw clip or hair tie for easy adjustment.

How to Nourish Your Body Before Your Session

- **Eat Mindfully:** Have a nourishing meal or snack before your session, but allow at least an hour for digestion before arriving. A settled stomach supports deeper relaxation.
- **Stay Hydrated:** Bring a water bottle with you. Hydration is essential for helping your body flush out any toxins released during the session.
- **Plan for Aftercare:** Consider having nourishing, easy-to-prepare food at home. After your session, you may feel deeply relaxed and prefer not to venture out for groceries.

Timing and Arrival

- **Arrive Right on Time:** Shaina will be preparing the space before your session. If you happen to arrive early, feel free to push open the front door and relax in the entryway until your session begins.

- **Give Yourself Extra Time:** Especially if this is your first appointment, plan for a little extra time to settle in and discuss your needs.
- **Schedule with Rest in Mind:** Whenever possible, book your session at a time when you can allow yourself to rest and integrate the experience afterward.