

radiantyou

Post Energy Healing Guide

Congratulations on experiencing the transformative power of energy healing! During your session, your chakras have been cleared and aligned, your aura balanced, brainwave frequencies optimized, and your energy renewed. This is a profound process, and your body will continue to integrate these changes in the days ahead.

What to Expect

- It's normal to feel tired or sleepy for 2–3 days after the treatment. Listen to your body, and rest as much as you can.
- Drink plenty of water to support your body's natural detoxification process.
- If you have access to a bathtub, soak for 30 minutes in warm water with a cup of salt (sea salt, Epsom salt, or regular salt). This will help cleanse your energy further.



When Will You Notice Changes?



Around the fourth day after your session, you may begin to feel remarkable shifts—greater clarity, increased energy, and a newfound resilience to things that previously bothered you.

Recommendations for the Weeks Ahead

- Continue with your normal diet and activities but prioritize staying attuned to your body's needs.
- Energy healing takes several weeks to fully integrate. A follow-up session is recommended 3–4 weeks after your first treatment to optimize results.



Book Your Follow-Up Session

You can easily book your next appointment via text at (571) 249-8364 or online:

Book Your Next Healing



Rodrigo Ortiz

Discover simple, practical steps for ongoing integration in our post-healing guide: Self-Care After Reiki or Energy Healing.

Enjoy this journey of renewed energy and well-being!