Energy Work Aftercare

Day of Energy Work

- Stay hydrated with water.
- You may feel tired or energized after energy work - either way take it easy & rest, your body is working hard!
- Let your emotions flow and allow yourself to feel - cry, laugh, scream, do what you need!
- Wait a few hours to enjoy coffee or alcohol.

CACTUS NEEDLE

Acupuncture & Energy Work

Days Following Energy Work

- Stay hydrated with water to support your body's healing processes.
- Continue to rest if you feel tired the day after energy work, return to normal activity when/if you feel ready *(listen to your body).*
- Pay attention to any old symptoms that may return *(do not be discouraged, they are resurfacing to be released).*
- You may experience symptoms of detoxification: runny nose, sneezing, soreness, headaches, joint or muscular pain, fatigue, acne, rashes, extra mucus, or even fever & diarrhea *(this is your body cleansing itself of old patterns & toxins, which are then coming to the surface to be released).*

CACTUS NEEDLE

Acupuncture & Energy Work