

# WILLOW HYPNOSIS

## **Things to Expect After Your Session:**

Every session is as unique as each individual so it's impossible to say what your post session experience will be. Listed below are some possibilities. If you experience anything post session that you're not sure about the best thing to do is call so we can address any questions you may have.

Most people have no post session "symptoms", however you may:

- ✓ Feel a little tired, sleep deeply the night after your session and you may have interesting dreams
- ✓ Sometimes the subconscious will continue to release emotions for a day or two after your session so you may have little emotional moments that will typically happen when you're alone and will come and go quickly.
- ✓ You may feel "different" as if you're not quite yourself as things shift before they settle into new and healthier patterns
- ✓ In rare instances people will experience what feels like a detoxing as old "toxic" emotions release from the system

## **Things to Do Post Session**

- ✓ Increase your hydration for the 24-48 hours after your session. Water, watery fruits and other healthy beverages are recommended.
- ✓ Listen to your body. Rest after your session or go to bed a little earlier than normal if possible.
- ✓ An Epson or Dead Sea Salt and Baking Power bath. 4 cups of salts and 1 cup of Arm & Hammer in hot water for 20 minutes will continue to clear your energy.