

Body Somatics Session Checklist



1.

Save time during your session by printing and completing the required forms before your appointment. Click on the links

[Intake Form](#)

[Service Agreement](#)



2.

Here are a few tips to help prepare for your session:

- * Avoid heavy meals before your appointment.
- * View [maps](#) for directions.
- * Look over the [F.A.Q.](#)
- * Shower, if needed, and avoid wearing scents.



3.

It's important to wear or bring the right clothes to your session. Below are examples of what to bring or avoid.



Enjoy!

After your session don't forget to relax and drink extra water. For maximum results, take a hot bath with 1 cup of apple cider vinegar and a few handfuls of epsom salts after your treatment.