



TREATMENT ADVICE FOR BODYWORK
(Massage, Yoga, Breathwork)

Massage is best on an empty stomach so advisable not to eat anything at least an hour before your treatment.

It is best to avoid caffeine on the day as the treatment is about grounding and calming and coming inwards not being elevated by caffeine.

Please arrive without make up or jewellery for your massage.

Certain make up causes staining of sheets and towels some of which is not removable which requires a replacement of sheets or towels. Please be mindful as this is chargeable.

I accept no responsibility for jewellery worn / or removed for the treatment.

For hygiene and to achieve the most benefit from your massage treatment, please shower before your appointment.

Please be prompt for your arrival to avoid shortening your session..

Late arrival will require that I end the session at the scheduled time to be on time for my other clients.

Mobile phones must be turned off upon arrival.

During the treatment, all clothing needs to be removed including undergarments. You are covered at all times with a sheet. I advise no clothing to allow a continuous flow of massage

movement to create a hypnotic sensation and induce deep relaxation in the body. If you have any questions about this please contact me directly.

During a treatment I understand that sometimes it feels necessary to talk and express feelings before, during or after treatments. I am happy to listen and empathize but it's important that you know that I am not a trained counselor or medical practitioner.

If sharing through talking is what you need, it is also important to know that it is included in the treatment time and we will still begin and end on time.

After the treatment I recommend being gentle and soft with yourself to allow your experience to be embraced.

Please kindly respect my wishes that if you arrive not fit (alcohol/ other substances) for a treatment/ session or training I will not be able to treat or train you.

Contact me

Click the Heart Chakra to enter my website or you can email me:
info@evangelinedemichele.co.uk

