

## Policies / Pre-Post Treatment Instructions

### Before Sessions

Before your bodywork sessions (and in general), it is important to be hydrated. Do not drink a lot of water just before your appointment, try to spread out your water intake during several hours before your appointment.

Give yourself time to relax (if possible, do some breathing exercises), leave a little early for your appointments so you aren't tense during your travels.

Please be sure that your body is clean prior to your sessions.

### During Sessions

During your bodywork sessions, you may undress to your comfort level. Your body will be draped with the exception of body parts being treated. Your comfort level is very important to us. As a note, it is always more beneficial for work to be done directly on skin.

Reiki Sessions are performed while the client is fully clothed.

Under no circumstances are a clients genitals or breast tissue (female) exposed or touched. This may be altered if Lymph Drainage Therapy of the breast is being performed—which is always discussed before a session).

If the pressure is either too deep (beyond sweet discomfort) or not deep enough at any point, please mention this at the time to be sure that your session is as relaxing and comfortable as possible. We are here for your benefit and want to be sure that you are receiving the highest quality bodywork.

### After Sessions

After your bodywork sessions, be sure to continue to hydrate to allow toxins released from the body during muscle and fascia release as well as lymphatic drainage to be flushed from the body. Toxins generally leave the body through the urinary system. If you experience any slight discomfort during the remainder of the day or a day or two later, a bath with Epsom Salt helps to draw toxins out of the body.

Give yourself a chance to relax and enjoy the benefits of your session. Take a nap, read a book, enjoy a nice cup of tea, go to a park or do something else that relaxes you.

If you are given any "homework" to do including stretches, exercises, etc., please make every attempt to do them when directed to help facilitate the healing processes.

If you have any questions after your session, please feel free to contact us via phone or email. Your appointment does not end the second you walk out the door.

Please turn Over...

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Massage Therapy, Reiki, Integrative Reflexology, Ear Candling, Yoga Instruction  
Lymph Drainage Therapy, Complex Decongestive Physiotherapy for Lymphedema