



## PRE-SESSION GUIDELINES

Thank you so much for scheduling a session with Alejandra Armas. I know you will take full advantage of it!

To ensure better results, please read the following guidelines:

- 1) **To assure a better assimilation of the projected energy within your body, you will be asked to preferably avoid shower for as long as 12-24 hours after sessions. Considering this, you may want to shower before the session.**
- 2) **Consider taking a salt bath or salt shower before session as well.** This cleanses the energy field around the body; therefore it will increment the level of absorption of energy during the Pranic healing session.  
**SALT BATH:** Use one (1) pound of regular table salt, rock salt or sea salt. Dissolve salt in a bath of warm water. Fill tub to cover body. Soak for 15-20 minutes. You may add lavender and/or tea tree oil for further cleansing of the energy field. Rinse off.  
**SALT SHOWER:** Use 1-2 handfuls of salt (you may add drops of lavender and/or tea-tree) and after shower, when still wet, add some water to the salt and scrub your body with it. Leave it for 2-3 minutes and wash it away with clean water. For a deeper effect: add ½ amount of INSTANT coffee
- 3) **Avoid eating heavy meals before treatment.** If you have to, eat a light meal and avoid red meat, pork, eel or catfish.
- 4) **Avoid wearing precious or semi precious stones during the session.** One of the qualities of crystals is to absorb & store energy. It is quite probable that they are charged with stressful, used-up or contaminated energy. Not using them during the session will assure less interference and a faster rate of absorption. Please notice that your stones and crystal play an important role and that you may use them as tool to improve life. Your Pranic practitioner may help you clean, energize, program and consecrate your crystals and precious-semi precious stones. The practitioner may do this within the time frame of your session or you may request a special shorter session for this.
- 5) Due to the tight schedule and with the spirit of offering you and others a better service, I highly appreciate to **kindly observe the cancellation policies** bellow. If you have to cancel your appointment, please consider doing so more than 24 hours previous to the scheduled session. *Thank you for your understanding and cooperation* ☺
- 6) **Thank you so much for being on time.** If you are late, kindly inform me by calling or texting 310-995-9039. Please notice that depending on the schedule, in the case of being late, I may or may not be able to give a longer service but the fee will remain the same.
- 7) PRANIC HEALING IS NOT MEANT TO REPLACE ALLOPATHIC MEDICINE AND THERAPIES BUT RATHER TO COMPLEMENT IT AND ENHANCE IT. PRANIC HEALING PRACTITIONERS DO NOT TOUCH THE PHYSICAL BODY, DIAGNOSE OR TREAT PHYSICAL AND PSYCHOLOGICAL AILMENTS, PRESCRIBE SUBSTANCES, MAKE ANY HEALTH CLAIMS OR GUARANTEE ANY OUTCOME. WE SUGGEST YOU SEEK MEDICAL ADVICE.
- 8) **Your quest for well-being and success start the same second you decide to make an appointment and to be better. This will be a TEAM WORK between you and me, with a common goal: your overall Wellness and Success. You will be provided with proper energy and mental support even after the session. By the principle of "like attracts like" remember: the more you think of being healthier, happier and more successful, the more energy will come to you to support this. Adopt a positive receptive mode and start creating a positive image of you.**

**MAY YOU MANIFEST HEALTH, SUCCESS, WELLNESS AND HAPPINESS FROM NOW ON,  
EVERY DAY OF YOUR LIFE!**

Desk of Alejandra Armas –

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**GIFT CERTIFICATES AVAILABLE -**