



*Integrative Balance*

## Integrative Balance Crystal Therapies

### After Care

Please be aware that crystal healing will naturally return your body to a pure state of being and eliminate any toxins within the body via the appropriate excretory systems. Below is a list of possible Detox sensations that may be experienced.

Sweating	}	<b>DETOX</b>
Increased urination		
Increased secretions		
Tingling	}	<b>ENERGY MOVEMENT</b>
Trembling		
Shivering		
Yawning		
Flatulence		
Feeling off Balance	}	<b>RE-BALANCING</b>
Aching old injuries		
Disrupted sleep		
Aggravated skin conditions		

You may or may not experience Detox sensations, healing is always individual and aimed toward your highest good therefore the results **will** always be positive.

If you have any questions regarding your healing experience we are here to support and offer you guidance please feel free to contact us.

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**I hope that you have enjoyed your healing session and journey back to health, happiness and a balanced state of well being.**



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