

After-Care Information Sheet

Reiki Energy Healing at Secret Soul Sanctuary

Thank you for visiting Secret Soul Sanctuary and allowing me to support you on your healing journey with Reiki energy. It's important to honor the energetic shifts that have taken place and nurture yourself in the days following. Here are some after-care suggestions to help you integrate the healing energy:

After-Care Tips

Stay Hydrated

Reiki can stimulate the release of toxins, so drinking plenty of water will support the body in clearing them out. Aim for at least 8 glasses of water over the next few days.

Rest and Relax

You may feel tired, emotional, or even energized — whatever you experience is perfectly normal. Take time to rest and honor your body's need for sleep and relaxation.

Mindful Eating

Nourish your body with light, fresh, and wholesome foods. Your body may crave clean and healthy nourishment as it recalibrates to the new energy.

Emotional Awareness

Emotions may come to the surface as your energy shifts. Give yourself permission to feel whatever comes up, knowing this is part of the healing process.

Gentle Movement

Light exercise like walking or yoga can help ground and balance your energy. Tune into your body and see what feels good for you.

Avoid Over-Stimulation

Try to avoid stressful environments or intense emotional interactions for the next few days. Allow yourself some peace and quiet.

Journaling & Reflection

Writing down any thoughts, emotions, or insights you have post-session can help you understand the shifts you're experiencing.

Stay Connected

If you enjoyed your session, I'd love to hear your feedback! A review helps others discover the healing benefits of Reiki and know what to expect when they visit me. You can leave a review on:

- [Google](#)
- [Facebook](#)

Join the Community

Stay connected and be the first to hear about upcoming events and exclusive offers by joining my mailing list and WhatsApp community:

- [Join my Mailing List](#)
- [Sanctuary WhatsApp Communities](#)
- [Visit my links page](#) for a list of upcoming events and other services I offer
- [Follow my Eventbrite profile](#) for bookable events

Book Your Next Session

If you're ready to continue your healing journey, I'd love to support you in future sessions. You can book your next appointment [here](#).

As you have had Reiki from me before, there is no need to fill out a consent form again, unless you have new information to give me or would like to use the payment link on it for ease. You can also pay for a session via a link on my [links page](#)

Thank you again for trusting me with your healing process. I look forward to seeing you again soon.

In love and light,
Claire the Soul Nurturer

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