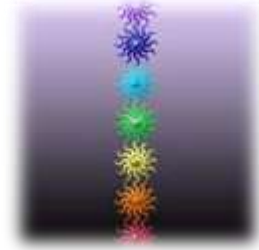


SILVER CHAKRA



AFTERCARE ADVICE COLOUR

Having a colour therapy session is a deeply relaxing experience and most people feel good afterwards but like any treatment you may feel a bit different the day after. This is a healing response and is normal. You may need a further treatment in a week or two weeks; to follow up on any issues. Colour therapy is not a quick fix; it requires time and commitment. Please phone me if you have any issues you are worried about after your treatment.

Common After Effects

- ✚ Feeling of total wellbeing and peace
- ✚ Change in emotions - high or low. Some people feel elated and some feel a bit tearful as old wounds are cleansed from the system. This can be a side effect of many types of treatment.
- ✚ Tiredness or deep relaxed state
- ✚ Or more energy; be careful not to overdo it.
- ✚ Changes in sleep patterns; particularly dreaming or deeper sleep.

Aftercare Advice:

- ✚ **Drink plenty of water** over the 24 hours following treatment. As a guide most people should drink at least 8 glasses in 24 hours regardless of any treatments. Remember by the time you are thirsty you are already partially dehydrated. If you feel a bit dizzy or lacking in concentration, you may simply be dehydrated.
- ✚ **Avoid alcohol for 24 hours** and eat small, regular and healthy meals. As a general guide, eat and drink more energising colours during the morning (orange juice, grapefruits etc); plenty of green vegetables throughout the day, and: purples, blues (blueberries, purple grape juice and fish) during the evening. Avoid processed foods.
- ✚ **Rest** and take time out of your schedule for you; meditate, lie down, or read a book- whatever you enjoy.
- ✚ Perform any **colour visualisations or breathing exercises** your therapist has advised.
- ✚ Spend some time thinking about the colours that you have around you. Do you need to make any changes to your **décor or clothing?** Scarves and ties are an easy way to add colour to a wardrobe. If you have to wear a uniform, then wear colourful under-garments or tie a piece of coloured silk ribbon to your underwear! Think about the aromas around you, so that you can add a colour vibration by using a perfume or essential oil from that range.
- ✚ If you are having trouble sleeping, perhaps you need to rethink the colours in your bedroom.