



Welcome!

Thank you for choosing to work with us. We look forward to helping you reach your health goals. Now that you have booked your initial appointment, here's what you need to know before you arrive.

Spinal Flow Sessions

Spinal flow sessions are very safe and gentle.

Your first appointment involves an initial posture and gateway assessment, discussion and a care plan, before a healing session. Allow up to 60 minutes.

Follow up sessions will be approximately 30 minutes and will be conducted in a small group (2-3 people). There will be virtually no talking during these sessions. Simply come in, hop on the table and the healing session will begin.

Ideally your payment and scheduling will be completed before your session starts so that you can maximise the healing possibilities by staying in your quiet, heart centred zone after the treatment has finished.

At the end of the session, it will be a matter of leaving quietly.

I encourage you to drink plenty of water, go for a walk and journal if you feel the need. If you need to discuss anything or have any questions, please leave a note or text us on 0438914269 and we'll contact you before the end of the day.

A one-on-one session will be scheduled following the final session in your care plan. During this appointment, we will re-assess your posture and gateways, discuss your progress, and develop a plan for the future. Please allow 30 minutes for this session.

How long will it take?

Spinal Flow results may vary. Some clients enjoy immediate results. Others find that their recovery takes several months, or longer. Children often respond quickly, while adults with longstanding spinal problems heal more slowly. The healing process takes time.

By following a care plan, you have the chance to track your changes along the way

There are three stages of spinal flow care. Once you understand true health, you may want some type of ongoing spinal flow care. Like brushing your teeth, eating wholesome foods, and other healthy habits, regular spinal flow checkups make sense. How long you decide to benefit from spinal flow is always up to you 😊

1. Initial intensive care

This is usually where most people begin their spinal flow care. Visits can be frequent, depending on the severity of your condition. We typically recommend starting with 12 healing sessions, although the exact number may vary based on your individual circumstances. Our primary goal is to effectively reduce or eliminate your most prominent symptoms.

2. Corrective care

When your ache or pain diminishes, the objective is to stabilise spinal function and promote a more complete healing.

3. Wellness care

With the maximum restoration of spinal function, many clients enjoy regular spinal flow care. This type of wellness care can save time or money by keeping minor problems from becoming more serious.

What you can do to get the most out of your session

Arrive on time

Please be mindful of your appointment time. If you arrive late to your appointment you are missing out on treatment time that could be utilised for your healing. In a group session, please just quietly come in and lay on a treatment table.

Phones

Phones must be turned off

Wear

Please wear loose and comfortable clothing.

Eat well

Eat foods that are fresh, pure and as varied as possible. This will give your body all the nutrients and building blocks you need to heal and be as healthy as you can.

We recommend eating organic foods where possible. A diet full of fruits, vegetables, seeds, nuts and good protein is ideal and adding whole food supplements can also be helpful.

Pay attention to what your body finds hard to digest and keep those to a minimum.

Water

Please drink plenty of water after your treatment and as a daily practice, 2-3L of good quality water daily is recommended.

Rest

It can often take time to heal and repair damaged body tissues. Be gentle with your body and avoid activities that you find stressful or uncomfortable. Be particularly careful lifting objects (bend and use your legs) and reduce twisting your spine on top of your pelvis.

You should only sleep on your side or back and it's optimal for the curvature in your neck that you use a contoured pillow.

Move

Without distressing your body, move as much as you can. This will help your muscles, ligaments, bones and joints to heal more quickly and fully.

We are not designed to sit at a computer all day, please move and stretch every ten minutes when sitting at a computer.

Learn

Stay curious and learn about your body, health and the healing process. People who understand more improve more quickly and get greater long-term benefits.

We look forward to helping you **heal, transform and thrive** 🌱 🌱 🌱