

What to Expect

When you decide you're ready for a different approach to healing, our journey together begins with a simple conversation. Reach out through email, text, or social media, and we'll chat about what you're experiencing and how I might help, choosing the modality/modalities that might be best for you at this time.

At your first session, you'll be asked to complete a short intake form. I will explain more about how the session will look, and what to expect.

After your session, I'll share what I observed and felt during our work together. We'll discuss a path forward for your continued healing. This may look like additional sessions, self-care practices, or other “homework”. I encourage you to give yourself space to integrate after your session—stay hydrated, rest if needed, and notice any changes that happen in the 5-7 days that follow your session. Awareness is a big part of the healing process.

Our work together is always collaborative. Some clients benefit more from regular consistent sessions to address deeper patterns, while others might come in periodically or for specific issues as they arise. My role is to support and guide you on the journey.

Terms of Service

I'm committed to providing you with holistic healing services that support your wellness journey. As we work together, there are a few important things to understand about the nature of my practice.

The modalities I offer are holistic and complementary, designed to work alongside—not replace—conventional medical care. My services aren't intended to diagnose medical conditions or substitute for treatment from your healthcare providers. I encourage you to maintain relationships with your medical team and keep them informed about the complementary services you receive here.

Each person's healing journey is unique, and results vary from person to person. While many clients experience significant benefits, I can't guarantee specific outcomes. Your active participation is an essential part of this process. I ask that you provide accurate information about your health history and update me about any changes in your health status as we work together.

For our work together to flow smoothly, payment is due at the time of service. My cancellation policy (as detailed elsewhere on this site) helps ensure I can serve all my clients effectively. While I strive to keep pricing consistent, rates may occasionally change without notice.

In choosing to work with me, you acknowledge that I cannot be held liable for any adverse reactions or unexpected outcomes that may occur. My intention is always to support your highest good, but holistic healing is a collaborative process with many variables.

I look forward to supporting you on your healing journey. If you have any questions about these terms, please don't hesitate to reach out.

Last Updated: [Current Month, Year]

Privacy Policy

I may collect certain information that will help me serve you better. This includes basic contact details like your name, email, and phone number, as well as information about your health history and current concerns. I may also keep notes about our work together and my observations to help track your progress.

This information allows me to create a personalized healing experience.

I understand that the information you share with me is personal and sometimes sensitive. My commitment to you is to handle it with the same care and respect that I would want my information handled.

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