

# Your PEMF Prep Checklist

*It's time for a deep recharge! Set yourself up for cellular success.*

## **Wear comfortable clothing.**

You'll stay fully clothed during your session, so skip anything tight or restrictive.

## **Remove all metal jewelry and electronics.**

Leave your phone, smartwatch, and any magnetic stripe cards (like credit cards or hotel cards) at a safe distance from the PEMF mat.

## **Drink a glass of water before your session.**

Hydration helps your cells absorb the benefits, and supports gentle detoxification.

## **Expect deep relaxation.**

Your session takes place in a quiet, private room with optional calming music, low lights and cozy support for your knees and neck. Many people feel so relaxed, they drift off into Dreamland.

## **You may feel energized... or you may feel sleepy.**

Everyone's body responds differently! Both are normal, and both are signs your system is shifting in the right direction for *you*.

## **Listen to your body afterward.**

You might feel thirsty or need to use the bathroom more than usual. That's a good sign! Your body is releasing what it no longer needs. Out with the old, in with the new YOU!

# After Your Session: What to Know

*Feel it. Integrate it. Let your body do the rest.*

## **Keep hydrating.**

Congratulations! Your cells have just been recharged! Help them stay energized by sipping extra water throughout the day. You may feel a little thirsty, or find yourself heading to the bathroom more often. That's detox in action. A little lemon will give your liver some love to help that detox project.

## **Rest if needed. Move if it feels good.**

Some people feel calm and sleepy after their session. Others feel energized and ready to go. There's no right or wrong. Just listen to your body and follow its lead.

## **Notice the shifts.**

Less pain? More mobility? Better sleep? Less tension? More energy? A clearer mind? Some changes are subtle at first. Others show up like a light switch flipping on. Jot down what you notice. The more sessions you have, the more consistent and long-lasting the results!

## When to Come Back

*Healing is a process, not a one-time event.*

One session can be powerful, and we've had incredible testimonials to prove it. But for deeper repair, stress relief, or chronic conditions, consistency is key. Most clients benefit from **a series of sessions** to support long-term change.

Here's a general guide:

- **For chronic pain or injury recovery:** 2–3 sessions a week for the first few weeks
- **For stress, nervous system reset, or general wellness:** 1–2 sessions a week
- **For maintenance and prevention:** 1 session per month.

Talk to us about **package options** for better value and better results.

**Remember, you're helping your body repair, rebuild, regenerate and come back into balance. Let's keep the healing feeling going!**

*Book your next session today.*



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