

# Recharge Ready: Your First Timer's Guide to PEMF

*What to know before and after your session, for best results... inside and out!*

## Before You Arrive

### **Wear comfortable clothing.**

You'll stay fully clothed during your session. Just remove jewelry, watches and any electronics before getting started.

### **Ditch the tech.**

Keep phones, smartwatches and magnetic stripe cards (like credit or hotel cards) away from the therapy mat.

### **Hydrate well.**

Drink a glass of water before your session to support circulation, detox and cellular function.

### **Expect relaxation.**

You'll lie back on a supportive therapy mat in a quiet, cozy room. Calming music, a warm blanket, and soft lighting help your system unwind. Many people drift right off to sleep.

## After Your Session

### **Keep sipping.**

Extra hydration helps your body flush out cellular waste and continue the healing process.

### **Rest... or reset.**

You might feel deeply relaxed or gently energized. Trust your body. It knows what it needs.

### **Tune in.**

You may notice better sleep, a clearer mind, less pain or more mobility. Some shifts are subtle, others more immediate. Either way, your body is getting the memo and responding!

## How Often Should I Book?

Healing takes time, and consistency matters. One session is a great start, but a **series of sessions** offers deeper, longer-lasting results.

### **General guidelines:**

- **Chronic pain or injury recovery:** 2–3 times per week for the first few weeks
- **Stress, anxiety, or nervous system support:** 1–2 times per week
- **Maintenance & long-term wellness:** 1 session every 3-4 weeks

We offer **multi-session packages** for clients who want to go deeper or stay on track!

