

INTO THE ELEMENTS

Energy Medicine Information & Policies

ATTIRE

- ~ Please wear the following comfortable clothing, allowing for wide range of motion and temperature changes - long sleeves, pants, and socks.
- ~ Please remove all jewelry, watches, etc., especially anything magnetic or with batteries.
- ~ We are scent free, please avoid perfumes, body sprays and any other strong scents when coming for sessions.

CONSIDERATIONS

- ~ If clients are experiencing any contagious illnesses- flu, colds, etc. please reschedule treatment session, or we will arrange to do a distance session instead.
- ~ Please do not arrive at sessions under the influence of alcohol or narcotics as this can interfere with the effectiveness of treatment.
- ~ This work is about 80% hands on and 20% in the energy field. If any discomfort is experienced, please make practitioner aware immediately, and be sure to disclose any concerns beforehand.
- ~ Each appointment will last approximately 90 minutes, including relevant discussions before and after treatment.
- ~ The effectiveness of energy medicine is increased when clients actively participate by working on any recommended exercises between sessions.

PAYMENT & CANCELLATIONS POLICIES

- ~ It is our goal to create a respectful atmosphere where both parties feel their time is valued.
- ~ Payment for each appointment is due at or before the beginning of each session. We accept Cash, Interac E-Transfers, and Credit Card - please note that credit card payment links are sent via email by request and will incur additional fees.
- ~ If an appointment must be cancelled by Into The Elements, we will give as much notice as possible, as well as options for rescheduling.
- ~ Appointments that need to be rescheduled by clients require a minimum of 24hrs notice. The entire session fee is due if there is less than 24hrs notice or if clients fail to show up for scheduled appointments.
- ~ When booking an appointment, that time is set aside and planned around so please try show up for appointments on time.
- ~ If you are late, your appointment will last the remaining time of your booking, we cannot go over time due to scheduling of other clients.

Note: Recognizing that there are circumstances that will be out of everyone's control (sudden illness, family emergencies, weather related travel concerns, etc.), there may be exceptions to the above policies in certain situations.

Please contact wellness@intothelements.ca if you have any other questions or concerns. Thank you!