



# INFORMATION FOR YOUR UPCOMING KINESIOLOGY APPOINTMENT

Hi,

I have listed a few points below that will help you prepare for your upcoming Kinesiology appointment.

- Please complete the client intake form and waiver. This will help me understand and be aware of any medical conditions, medications, injuries etc. If you can, please fill in the forms and send it back electronically before your appointment. They are editable forms and you should be able to type in the allocated areas. If you're not able to fill in the forms beforehand, please get in touch and arrive 15 minutes early so you have time to complete it before your appointment.
- Hydration is key. Please come to your appointment hydrated and bring a water bottle if possible. It's important to keep your fluids up after your appointment to help the body integrate what has been balanced that day and flush out any toxins.
- I may need to test several muscles during your Kinesiology session so I encourage wearing comfortable clothing to your appointment. Please wear or bring socks.
- I highly recommend taking a moment before your appointment to check in with your body and have a think about what you would like to work on. Is there a physical symptom that has been bothering you or an emotion that you would like to release towards yourself, a person or situation? Or would you like to feel more flow and balance in your life? Whatever it may be, having an intention will allow you to assess how you feel before and after your appointment.

**IMPORTANT:** Please advise beforehand if you have any allergies to essential oils, if you cannot consume alcohol (there is alcohol in flower essence for preserving) or if you are (or suspect that you are) pregnant.

If you have any trouble preparing for your kinesiology appointment or have any questions, please let me know so I can offer some assistance.

Kind Regards,

Jessica Daniele