**Be Prepared for Your Session**

A Biomagnetism session is not only easy and painless, it leaves you feeling great! To get the most from your session it is very important that you come prepared.

* Wear comfortable, form-fitting clothes
* Bring clean socks and closed-toe shoes that lace up and tie, like tennis shoes

**During Your Treatment**

You will lie on your back on a massage table equipped with pillows for comfort and support. You remain fully clothed and with your shoes on.

The session begins with a scan of your body to identify Biomagnetic Pairs that may be chemically out of balance. The trained practitioner performs this in-depth kinesiology testing by sensitive observation of your muscle reactivity.

Lightweight, specialized magnets are gently placed on your body over your clothing, targeting Biomagnetic Pairs whose pH levels are imbalanced.

**What to Expect**

Sessions last between one-to-one-half hours. Most clients feel very relaxed during and after a session. Some feel sleepy. It’s a good idea to make time for rest after your appointment.

Although a few people experience detoxification symptoms immediately, most notice light to medium symptoms for three to seven days following their session. Symptoms may include fatigue, mild aches and general malaise.

The full benefits of Biomagnetism treatment are realized after one week. Most clients experience significant results after only three to five sessions.

**What to Change and or Sterilize after having a Biomagnetism session**

**It is advised to change your toothbrush or sterilize it. Also all lipsticks, lip balm, Mascara’s be wiped with a sterile clothe. All make-up sponges’ brushes or any products used over and over again be changed or sterilized. Also eyebrow and eyeliner pencils need to be sharpened before using. Anything you dip your fingers in e.g. lip balm need to be thrown away. Sometimes all bed linens and towels need to be changed.**

**Water bottles need to be sterilized after bio sessions. If you come with a bottle make sure it is sterile and you wait till after your session to drink from it. It is advised to drink lots of water after your session to help with the detox.**

**Certified Biomagnetism practitioners do not diagnose or prescribe for medical or psychological conditions nor claim to prevent, treat or cure but rather provide therapeutic benefit by supporting normal structure and function.**