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Introductory Information

Welcome! Thank you for scheduling an appointment. I look forward to helping you discover your path to a healthier more vibrant life! Here are a few things I would like you to know:

What to expect during and after your initial visit

Our first visit will last close to an hour and a half. To save a little time, please print and fill out the intake form that can be found on my website and bring it with you to your first appointment (RootsofSpace.com, go to the “Documents” tab) . We will discuss your health history before we begin. I like to have clients on the table for about an hour, so please plan for some time on either end of the session for short discussion.

Please wear comfortable clothing. Full body Lymph Drainage requires direct contact with skin, all other modalities do not, therefore you remain fully clothed during the session.

After your session, you may feel tired, spacey, energetic, sore, hungry, relaxed, grounded, emotional, rejuvenated or any number of other feelings. All of these are totally normal. For the first few days after your treatment, pay close attention to how you are feeling. Our bodies have a wisdom that is far greater than what our rational mind might be aware of, so trust the process that your body goes through after a session. Please feel free to email or call me with any questions.

Look for changes in how you are sleeping, how food tastes, your emotions, if you are sore or uncomfortable, or if you are feeling great, like you can do anything! Any change is considered a good thing—even if that change is something that we perceive as “bad”, like diarrhea. Maybe the body released toxins and wants to expedite the process of removing them from the body? It is hard to know for sure, but trust your body!

Parking

Parking is available along Church Street, on either side of the road. There are also spaces in front of the storefronts that face Main Street. We ask that you do not park directly in front of Portfolio Solon.

There are no meters in Boalsburg, parking is free.

Cancellation policy

Cancellations must be made 24 hours prior to scheduled appointment. Appointments can be canceled via phone or email. The full hourly rate is due for cancellations made less than 24 hours in advance. Payment can be mailed to the office or reconciled at the next appointment. Exceptions may be made for emergency situations or sudden illness.