

Shirodhara Information and Advice

Please read and sign prior to your Shirodhara treatment – thank you.

The shirodhara treatment can evoke an extremely deep relaxing state and have a profound effect on the psyche. It is not uncommon for some to experience dreamlike states, lights, colors, and/or strong emotions. Others simply experience lightness, clarity, and sense of open awareness that is both freeing and somewhat magical.

Experiences like these in our mental state can often leave us feeling more open, but also a little more vulnerable. For this reason **we strongly recommend** that you neither immediately drive, return directly to work, or go into any circumstance that you deem to be stressful after your shirodhara treatment. Allow at least 30 minutes after your treatment to dress slowly and be our guest for tea and a snack. Then return to a place that is quiet and supportive for a few hours.

Please help us help you to fully honor your shirodhara experience and get the most out of your treatment.

Please let us know if you have any of the following conditions or concerns:

- are pregnant
- have neck pain
- have very low blood pressure
- are drunk or under the influence of 'recreational' drugs
- have epilepsy
- have or have had brain tumors
- have cuts or rashes on the scalp
- have an aversion to oil
- are receiving cranial-sacral therapy
- have a severe diabetic (blood sugar may drop during treatment)
- are not able to spend two hours at the spa for a 90 minute treatment

I,....., have read and understood the above information and give my informed consent for the Shirodhara treatment.

Client's signature.....

Therapist's signature.....

Date.....