



SEKA NIKOLIC

Pre & Post Treatment Advice

- ❖ It is recommended to initially book 5 consecutive (30 minute) treatments.
- ❖ The first appointment will include a diagnosis during which Seka will try to determine the extent of any problem and give an indication of how many treatments will be required. (Some patients may need more than the initial 5 sessions.) It is essential these treatments are carried out on consecutive days.
- ❖ Seka cannot treat ladies on the first two days of their menstruation.
- ❖ Please call to cancel your sessions if you have cold, flu or contagious bug on the day of treatment.
- ❖ Alcohol should not be consumed at any time during a course of a treatment.
- ❖ Food should not be consumed *immediately* before your session, but fasting is not necessary.
- ❖ Children must be accompanied by ONE-adult only throughout treatments.
- ❖ Please respect the waiting room is a quiet area and only turn up a maximum of 10 minutes before your allotted time.
- ❖ Seka will not treat people with pace makers, thrombosis or peripheral vascular diseases.
- ❖ The healing process may not happen instantaneously for everyone. Patients can expect gradual changes to occur for up to 6-8 weeks after their treatments, as the body gradually absorbs the healing.
- ❖ Seka will individually advise each person regarding further 'top-up' treatments.
- ❖ Seka views each patient individually. Consequently it is not possible to forecast any results other than to suggest a potential response based on previous experience.
- ❖ Seka recommends not to under-go acupuncture, osteopathy, chiropractic or any form of manipulative massage or energy treatments during a course of her treatment.