



Policies, Fees & Other Information Regarding Blue Sky Healing

As a healing practitioner my mission is to avoid harm, always demonstrating a concern for the rights, safety, health, welfare, culture, and dignity of my clients. My goal is to provide a safe nurturing space offering healing support and stress reduction through the services listed below. I am honored to be part of each client's healing journey.

An Initial Biofeedback Session is a 2 to 2.5 hour discovery session. We discuss the client's goals, challenges, lifestyle and the results gathered through the QUEX ED Biofeedback device. An initial energetic balancing is done, and plans are made for future sessions to retrain the stress patterns found in combination with positive lifestyle changes made by the client.

Subsequent Biofeedback Sessions are 1 to 1.5 hours in length and include stress reduction training for muscle re-education, relaxation, pain management and brainwave balancing in addition to lifestyle education.

Integrated Energy Therapy Sessions are approximately one hour in length and are a hands-on healing modality that safely and gently releases limiting energy patterns and integrates a balanced state of being.

Light Therapy is complimentary with Biofeedback and IET sessions, however, it is also a powerful stand-alone healing. Light pads emitting blue, red, and infrared light are placed on the body to increase circulation by assisting in the production of ATP and releasing nitric oxide which stimulates the body's innate healing processes.

Intuitive Guidance sessions are \$25 per 15 minutes. Through my intuitive knowing, oracle cards and/or tarot cards, information is shared with the client in the form of insights, questions, or suggestions to assist them in expanding their view of a situation so they can make the best decisions for their highest good.

Please understand that all information is held in strict confidence. Feel free to discuss openly any aspect of your healing sessions and ask questions.

I respect your religious and spiritual beliefs. I feel comfortable if you choose to include these in your sessions. I also respect your right not to include this aspect of your life in your session. Feel free to discuss the subject.

When you make an appointment, I am reserving that time for you. If you are late, this cuts down on your time. If you miss an appointment that time that could have been scheduled for another client. Therefore, it is necessary to charge a \$50 fee when I have not been given a 24-hour cancellation notice. If you do need to cancel, I appreciate as much notice as possible as someone may be waiting to come in sooner.

Fees

Please be advised that payment, by cash, check or Venmo is expected before all sessions.

- Initial Biofeedback session is \$150.
- Subsequent Biofeedback sessions are \$120.
- 10% discount Biofeedback package - 3 sessions for \$320 (after initial session).
- IET sessions are \$100.
- Light Therapy sessions are \$50.
- Intuitive Guidance sessions are \$25 per 15 minutes.
- There will be no refunds once services have been provided. There is a \$35 fee for returned checks.
- For clients who are not mobile, my travel per diem is \$10, and 50 cents per mile to your location.
- Virtual sessions are available for Biofeedback, IET and Intuitive Guidance.

I have read and understand these policies. Signature _____ Date _____