

UZA WELLNESS AFTERCARE

MIND • BODY • SPIRIT

1. THE BODY (HYDRATE & DETOX)

Mineral Load: Drink plenty of water with a pinch of sea salt & lemon or electrolytes tonight to replenish your system.

OPTIONAL: Activated Charcoal: Take two capsules of activated charcoal tonight to help bind and flush the toxins released during your session.

Nourish: Eat clean, organic food. Avoid processed sugar and alcohol to allow your nervous system to stay regulated and prevent toxic re-load.

2. THE MIND (PROCESS & REFLECT)

Journaling: Revisit the thoughts you captured. What did you discover about yourself during the moments of discomfort?

Quiet Space: Avoid overstimulation (scrolling or loud media) for a few hours. Let the mental clarity settle into your awareness.

3. THE SPIRIT (INTEGRATE & LET GO)

Letting Go of Emotions: It is normal to feel extra sensitive or tired after energy work, heat, and cold exposure. If emotions come up, let them flow without judgment. You are simply letting go of what no longer serves you.

Presence: Spend a few moments in silence or outdoors before bed to stay connected to the peace you cultivated today.

THE 90-SECOND RULE

An intense emotional wave lasts only 90 seconds. If you choose not to numb, avoid, or distract yourself, the surge will naturally move through you.

- **1. Be With It:** Do not run from the feeling.
- **2. Breathe:** Simply feel the physical sensation in your body for 90 seconds. Where is it living? Is it in your heart, head, or chest?
- **3. Journal:** Once the surge passes, capture what came up without judgment.

Uza Wellness

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• Facebook: The unik zen approach to wellness

• TikTok: [@2healfromwithin](https://www.tiktok.com/@2healfromwithin)