

What should I expect during a session?

This form of therapy is very relaxing and light touch. Your body will be working towards homeostasis, and you may even fall asleep. Some of the unwinding's can be a bit more movement and stretching.

The fascia can store physical and emotional traumas, so understand some feelings may come up. We aim to release the traumas and replace them with truth.

What to do prior to appointments?

Drink lots of water! Fascial is made of 70% water so the more hydrated you are the quicker you will respond, getting the most out of treatments.

How many treatments will I need?

I typically see great results between 4-6 sessions. There have been times when one treatment fixes an issue however, we are living very complicated human beings and healing takes time.

How will I feel after my appointment?

You will likely feel very relaxed and maybe tired. Again drink water! When your body releases your body will be detoxing, water will help with this process.

How do I get my paperwork to you?

Please visit my website toward the bottom of the page to find a printable pdf. You can print and email to mschmidt@rophekahealing.com or you can bring to your visit. If you choose to fill out in person, please come 5 minutes early to your appointment.