



Allison Benner, Certified Rolfer™

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www.rolfingsolutions.com

Suggestions

1. Arrange quiet time before and after each session to orient to the changes that are happening.
2. Roling is a detoxifying process for the tissue and requires you to drink plenty of water following a Roling session.
3. Consider taking a walk after each session or parking your car a short distance from the office. Walking gives you a chance to note physical changes in walking and movement. This immediately integrates the benefits of your session into your daily life.
4. Please do not use body lotion, oil, or sunscreen before a session. Please keep make-up light or none at all.
5. Men should wear jockey-type underwear. Women should wear underwear and a bra or tank-top. You may wear loose-fitting clothes if that your preferred option.
6. For your comfort, please consider removing contact lenses and wearing glasses instead.
7. Please consult your Rolfer if you have any questions about receiving massage or other forms of bodywork during the series. Please, no DEEP TISSUE massage during the Roling process.

Important Policies

- All Cancellations require 24 hours notice or the full session fee will be charged.
- If you have an illness, contact your Rolfer so a decision can be made about rescheduling your appointment.
- Payment in cash or a check is due in full at each session unless prior arrangements have been made.
- Please advise your Rolfer if you need a receipt for insurance purposes prior to the start of the session.
- If you have any questions or concerns about your Roling process or what you are experiencing, please contact your Rolfer.

Directions:

To reach Highlands Wellness Center take the Speer North exit off of I-25. Take the first right on Zuni St. and then a left onto W 32nd Ave. The center will be on your left right across the street from Duo restaurant. All street parking is open to clients.

Highlands Wellness Center
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