Preparing for Session

You may be just starting your practice. Unless you have done bodywork in the past, you will need to have a table with a headrest and a bolster.

A flat sheet is best for Polarity work, however, fitted sheets will work as well. Best to use white as energy will not stick to white.

You will want a pad for your table, it will provide another level of comfort for your client.

Head pillows are not recommended for this work as they are hard to work around. If your client must have their head tilted up, you can roll a small towel to provide that level of comfort. Some clients cannot lie flat.

Not every client requires a bolster, you can ask them. While your client is lying on their back the bolster will be placed behind their knees.

While lying on their stomachs, the bolster is placed under their ankles.

Be sure to adjust the height of the table according to the size of your client. The rule of thumb for polarity is … if you stand straight next to your table, the top of the table will be at the height of your knuckles. If a larger person is on your table, you may need to lower your table so you can reach the other side comfortably.

Try to adjust the table before your client comes in. If they are new and you notice you need to adjust table, simply adjust it before inviting them onto the table.

# Provide Client with Blanket

Many clients are comfortable being covered, even in the warmer months. Have lighter blankets and heavier blankets for your client’s comfort.

At times, your client may feel they just can’t get warm. This is often due to receiving energy work. Do your best to keep them comfortable.

# Headrest

Be sure you practice with your headrest so you can adjust it up and down. While the client is on their back, your headrest is down. When you have them turn over, be sure to put the headrest in position before you ask them to turn to their stomach.

Some practitioners use pillowcases to cover the headrest while others buy the fitted cases for the headrest. This is up to you. If you use a pillowcase, simply fold in thirds the long way and then in half on an angle. You should be able to lay this pillowcase on the head rest with most of the headrest covered.

# Sanitize

Make sure you are changing linens, blankets, and sanitizing your table. Be sure to wash your hands in between each client. This is imperative, especially since COVID times.

# Water

Be sure to have a water for your client to drink before or after the session.

# Music

Music is nice for most clients. Choose a nice relaxing sound, there are many to choose from.

# Your Attire

It is best for you to wear white clothing. Energy contacts will assist clients in releasing energy. This energy will hit you and could feel uncomfortable for you.

After your sessions, change your clothing and be sure to wash at the end of each workday.

# Fingernails

You will want to keep your fingernails short, truly short. There are two reasons for this. 1.) Bacteria can get under your nails and pass from one client to another. 2.) You are using lasered contacts when doing this work. Clients do not enjoy being poked by fingernails.

# Breath

When you are sitting at your client’s head, do not breathe in their face. Slightly turn your head to breath. If you eat something that leaves an odor after, use breath mints or be sure to brush before your client arrives.

Following this simple protocol will help all have a wonderful experience.

# Presence

Be fully present with your client. Never leave the room without first letting them know that you need to step away for a moment. Your work is done from a meditative space, holding your own alignment. Clients will entrain to your energy, keep it clear and aligned.