



**Deborah Mayaan**  
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## **POLICIES**

### WHAT HAPPENS IN A SESSION?

The first session begins with an interview and health history. Privacy and confidentiality are maintained at all times.

As a client, you are advised to wear clothing that is comfortable, and is not stiff or tight, since you will remain fully clothed while lying down on a massage table. I usually start by brushing out the energy field around your body, and then focus on directing energy to flow through any areas that need support. A description of a typical energy work session can be found on my website.

I encourage you to breathe deeply and to talk about any feelings that are arising. If anything makes you uncomfortable, physically, emotionally, or spiritually, please speak up immediately.

People usually leave feeling deeply relaxed and energized. That feeling of being energized may continue, or you may feel a need for some increased time for rest in order to integrate the changes that are happening.

It is important to drink plenty of water when you are receiving energy work.

If you like, I'll test you for flower essences, so that you can leave with a bottle of essences to help your healing. When doing distance work, I can mail you an essence formula, or recommend essences available in your local health food store.

If you like, I'll also give you some exercises you can do yourself to work with your energy field and help energy flow optimally.

At the end of the session, I can test for when would be an optimal time for a next session. I also encourage you to seek out other modalities, and am happy to dowse/do intuitive reading on modalities you are drawn to, or other components of making a healing life for yourself. I also make referrals to other practitioners and recommend self-help books.

## APPOINTMENT POLICIES

- If you wish to cancel an appointment, 24 hours notice is required for sessions held at my space or by telephone. 48 hours notice is required for appointments held at your space. A message can be left on my voice mail at any time. If sufficient notice is not received, you will be billed for the full amount of the appointment fee.
- If you find that you cannot make it to an in-person appointment, you have the option of changing it to a telephone appointment at any time, or asking me to simply do energy work on you in the allotted time without telephone contact during the session.
- Whether we are meeting at my space, by telephone, or at your space, the appointment starts at the beginning of our scheduled time. So if you think you might be running late, consider giving yourself some buffer time in your schedule so you are not paying me to wait for you.
- Calls and emails are returned within 24 hours, except for messages left on Friday afternoon, Saturday, Jewish holidays, and major US holidays.

## FEES

- My rate is \$80/hour. An initial 75-minute appointment is \$95. Travel fees for appointments at your space are determined based on travel time.
- Unless other arrangements are made ahead of time, payment is expected at the time of the appointment. Prepayment is required for initial sessions by telephone, and prompt payment of other phone sessions is required. You may mail me a check for distance sessions, and pay by cash or check for in-person sessions.
- Health insurance does not cover sessions.
- I raise my fees periodically. You will receive 30 days notice of any change in fee structures.