

# Guidelines for De-armouring

- I work with one-way-touch. De-armouring is focused on the receiver. Life energy or sexual energy is welcome to flow but remains circulating within the receiver to bring about healing. I remain dressed during the de-armouring and do not engage in any interaction.
- A de-armouring session lasts 2 to 2.5 hours. This includes arrival, an opening conversation, determining intentions and boundaries, de-armouring, integration, and a closing discussion.
- During the opening conversation, we discuss your and my boundaries to reach a mutual agreement. I use tools such as the Wheel of Consent. Once we both feel safe and know that our boundaries are being 100% respected, the energy can flow freely during the de-armouring.
- Ensure your body is clean and as natural as possible. Avoid heavy makeup, perfume, or aftershave. Please refrain from smoking before the de-armouring session.
- I advise wearing comfortable (older) clothing due to the use of coconut oil that may not completely wash off your skin. It's not possible to shower at my location.
- You can choose to keep clothing on. Undressing is by invitation, and you decide which garments you want to keep on.
- I use latex-free gloves for intimate body parts for hygiene purposes. I do not deviate from this practice. Touching intimate parts is NEVER mandatory and will only be done if you give explicit consent beforehand or specifically request it.
- Turn off or silence your phone upon arrival.
- Plan several hours for yourself after the de-armouring session so you can integrate what you have experienced in peace. Avoid stress on that day!

## **From the General Terms and Conditions**

### **Age, etc.**

Appointments can only be made by individuals aged 21 and older. All genders, heterosexual and LGBTQIA+, are welcome.

### **Prices and payment for services**

- All private prices listed are in euros and inclusive of 21% VAT. Payment is made before the appointment via bank transfer, Tikkie, PayPal, or cash.
- For business invoicing, the amounts are exclusive of VAT. An invoice will be emailed to the
- provided email address upon request.
- Laya Leonie reserves the right to refuse or cancel the reservation if there is evidence or serious indications of fraud and/or overdue payments.

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## **Cancellation and modification terms for services**

- An appointment can be canceled or modified free of charge 48 hours in advance. After this, 50% cancellation fees apply.
- In case of a no-show at the agreed time and date, the full price will be charged.
- If the client feels unwell on the day of the appointment (coughing, sore throat, fever, etc.), they should notify Laya Leonie as soon as possible and reschedule the appointment.
- If Laya Leonie cannot proceed with the appointment due to force majeure, the appointment will be rescheduled in consultation.
- If the client is late for an appointment, Laya Leonie cannot extend the session to make up for the missed time. All appointments start and end on time out of respect for other clients' time. If the client arrives early for an appointment, they should expect the session to start at the scheduled time.

## **Bodywork agreement**

At the first appointment with Laya Leonie, a Bodywork agreement will be sent via email. Before the first appointment, you are requested to sign and return the Bodywork agreement. Without this signature, the appointment cannot proceed.

## **Medical Disclaimer**

An appointment with Laya Leonie is not a substitute for seeking medical advice for physical or psychological conditions. The user of this website and the services offered is aware that Laya Leonie is not a medical professional or licensed doctor. In case of doubt, she will refer the client.

## **Trauma-informed**

Laya Leonie aims to work as trauma-informed as possible and continues to develop in this area through various education. Laya Leonie only works with clients with trauma (as far as they are aware) whom she trusts she can contain when the trauma emerges. If Laya Leonie assesses that this is not the case, she will refer the client elsewhere.

Sometimes, the body needs more preparation to fully receive de-armouring. Laya Leonie may propose additional exercises in such cases. This may include: learning about your nervous system and its defense mechanisms; regulating your nervous system and preventing dissociation; embodiment exercises to get a better feel in the body; learning to handle touch, recognize and communicate what you find comfortable/uncomfortable; advice, tips, and exercises to continue at home; exercises to enhance your self-worth and self-love.