

PREPARE & AFTERCARE

A SHORT GUIDE FOR YOUR KAMBO CEREMONY

BEFORE YOUR SESSION

HOW TO PREPARE

FASTING

Do not eat for a minimum of 8 hours before your session. If hungry, you may drink some coconut juice in the morning.

DEEPER CLEANSE (OPTIONAL)

For a deeper experience, avoid processed food, sugars, white bread, and fast carbs for 1 to 2 days prior.

HYDRATION

Stay well-hydrated the day before and the morning of your session. Drink enough water, not too much, just stay hydrated.

TIME

Plan your day so you arrive without time pressure. The whole process takes around 2 to 3 hours, and it's better to have free hours after for integration.

AFTERCARE

Plan for downtime after your session. Rest and gentle self-care are important as your body and mind integrate the experience.

24 HOURS BEFORE

Avoid heavy meals, meat, alcohol, any drugs or substances, and caffeine. A light, healthy diet helps your body prepare.

MEDICATION

Please let us know if you use any medication before booking your session.

REST

Get plenty of rest the night before. A well-rested mind handles the cleansing process better.

MENTAL PREPARATION

Set a positive intention and come with an open mindset. The medicine meets you exactly where you are.

Please also let me know if there are any chronic conditions, mental or physical issues you are working with. Your health and safety are my top priority.

AFTER THE CEREMONY

AFTERCARE

The main work begins after the ceremony. The choices you make, the people you connect with, the self-care you do, the routine you follow, this is what shapes your ceremony.

Coming to sit with plant medicine is 50% of the work. The rest you do yourself, in your house, in your mind, when no one sees.

The beauty of plant medicine is that it does not take your power away, it gives you more of it. The power to be responsible for your life and not wait for magic to arrive. Because the magic is already in you.

!! *FIRST DAY: NO SUBSTANCES, SAUNA, OR ICE BATH.*

IF YOU FEEL CALLED TO RECEIVE ANOTHER KAMBO CEREMONY FOR A DEEPER CLEANSING, IT IS POSSIBLE AFTER 2 DAYS.

WAYS TO INTEGRATE

 Sleep

 Healthy food

 Water (drinking, swimming)

 Journaling

 Nature

 Movement

 Meditation

 Gentle yoga

 Speaking about it with someone you trust

 Any spiritual practice you do

 Any calm, soothing hobby you have

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