



Checklist for what to bring *FasciAshi Fundamentals*

Linens

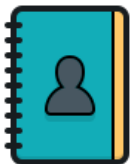
- **3 sets of sheets** including fitted, flat, face cradle cover and pillowcase (you'll reuse 1 and use the others for guest clients) *
- **4 king pillowcases** (I have a pillow you can use)
- **4 hand towels**
(1 for for a bolster, 1 for wiping feet, 1 to stand on, 1 for wiping hands)
- **Holster for 8 oz cream container. I have 4 available for sale.**
- We are sponsored by Pure Pro-no **need to bring cream** unless you have a favorite.
- **Foot sanitizer** 💡 A spray bottle with wintergreen alcohol (Walgreens and CVS carry it), Thieve's Oil or Witch Hazel.
- Light blanket if you get cold on the table

* Please do NOT bring jersey / knit sheets. They don't work well.

Other

- Water / hydration.
- Snacks—quick and easy, like nuts & seeds, protein bars, cheese sticks, fruit. You will get hungry!
- Microwave and fridge available if you want to eat lunch at the office.

- Flip flops or slide-on slippers to keep your feet clean
- Dress in layers. Keep your feet soft & nails short. (You don't have to paint your nails.)
If you shave, shave every day.
- Pencil or pen for notes
- **Pay your balance** for class via your **original confirmation email**.
- **Sign your forms** & fill out intake forms online via same email. ↑
- Know the type of ceiling for your room and how tall the ceiling is. If you have a drop ceiling, see what's above it (just push up the tile).



Want to rent linens? It's \$15/day.

I need to know ahead of time. Email / call me with any questions!

fredettemassage@icloud.com 513-238-0970

We look forward to having you in class!