

REIKI IS (Pronounced Ray-Key) is a natural healing energy based on the use of Universal Life Force. It is channelled through the practitioner's hands and into the client and also in certain situations it can be sent to a client through distance healing.

BENEFITS OF REIKI Reiki energy can bring deep relaxation, balance your emotions and can help reframe any negativity in your life. Many clients feel Reiki gives them a renewed interest in life and increases their energy levels.

WHAT CAN REIKI TREAT? Reiki is a whole body treatment that is suitable for everyone. Reiki can clear blockages throughout the body caused through negative thinking and can also target certain areas or complaints. Reiki is excellent for dealing with issues linked to stress and anxiety and the physical symptoms they can cause, especially pain management, hormone issues, anxieties, and digestive problems to name just a few.

WHAT DOES REIKI FEEL LIKE? No two clients will have the same experience as everyone experiences Reiki in a different way. Some feel the energy moving around their body, some feel warmth. Some may even see colours. Many clients feel extremely relaxed and calm during their treatment. This calmness can stay with a client for several days. Many clients also feel energised follow their treatment and have increased energy levels.

WHAT HAPPENS DURING A REIKI SESSION? During a Reiki session the practitioner can either place their hands very lightly on or over the client's body in a variety of positions. The client is normally lying down on a therapy couch, although some clients like to be sitting in a chair. It doesn't matter as long as the client is comfortable. Clients will always remain fully clothed throughout the session. When you relax you can feel cooler so clients may be covered with a light blanket if they wish. Reiki sessions usually last about 1 hour. Clients will be given a glass or bottle of water after their treatment. This helps with cleansing the body of toxins.