

HOW MANY REIKI TREATMENTS DO I NEED?

While a one-off Reiki treatment is beneficial, bringing a sense of calm and peacefulness, and maybe producing some short-term physical benefits too, the best results come through having a course of treatments, maybe 4-6 sessions at weekly intervals.

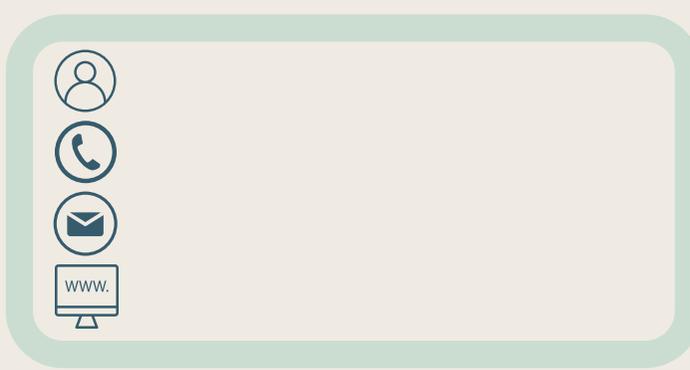
The effects of Reiki build up cumulatively, and having a course of treatments helps to produce long-term beneficial changes for you on many levels.

CAN I USE REIKI ALONGSIDE MEDICAL TREATMENT?

Reiki is not a substitute for medical treatment. If you have any symptoms of illness you should see your doctor.

Reiki is safe and will complement any form of complementary or medical treatment.

A Reiki Practitioner will not diagnose or recommend any form of treatment.



BRING THINGS INTO BALANCE WITH REIKI

Find out what a Reiki treatment can do for you



WHAT IS REIKI?

Reiki (pronounced “Ray-key”) is a simple Japanese energy-balancing method that is used by millions of people all over the world. It is most well known as a hands-on energy treatment technique, and many people have regular Reiki treatments.

Reiki was discovered by Dr Mikao Usui in the early 1900s in Japan. People use Reiki for relaxation, self-healing, for spiritual- or self-development, and to treat others.

Those that practice Reiki are called Reiki Practitioners or Reiki Masters.

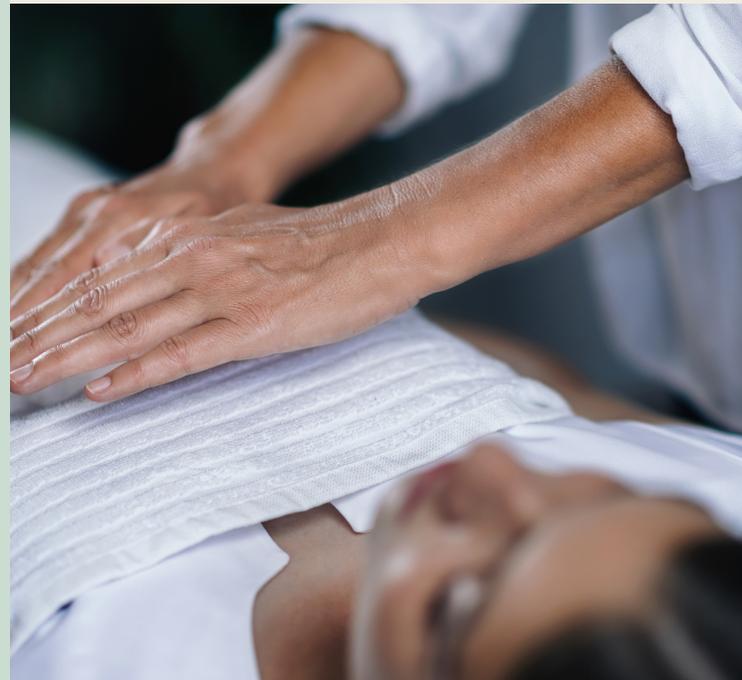
Reiki is not a religion and is open to all people regardless of race, religion or gender.

REIKI TREATMENTS

Receiving Reiki from a Practitioner is a simple process. The client lies on a treatment table and the Practitioner will gently lay their hands on the body in a series of hand positions on the head, torso, and legs, sometimes hovering the hands rather than touching. Each hand position is held for a few minutes.

During the treatment, energy is drawn through the Practitioner into the recipient, helping to produce a state of balance.

The recipient remains clothed throughout the session.



WHAT CAN REIKI DO?

Anyone can benefit from a course of Reiki treatments, no matter your age or your state of health, and beneficial changes can take place over a fairly short space of time.

Reiki can produce:

- * Deep relaxation
- * Reduced stress & anxiety
- * Boosted energy levels
- * A feeling of inner calm, contentment and serenity
- * A speeding up of the natural healing process

Reiki can also help you to:

- * Feel more positive, confident and better able to cope
- * Deal better with stressful people and difficult situations
- * Develop a strong sense of purpose and clear-thinking
- * Remove some of the ‘clutter’ from your life
- * Enjoy a better quality of life

WHAT MIGHT I FEEL?

Deep relaxation, heat from the Practitioner’s hands, tingling, a feeling of floating or sinking, or perhaps nothing at all. It varies a lot from one person to another. But no matter what you feel during your treatment, Reiki is giving you what you need.