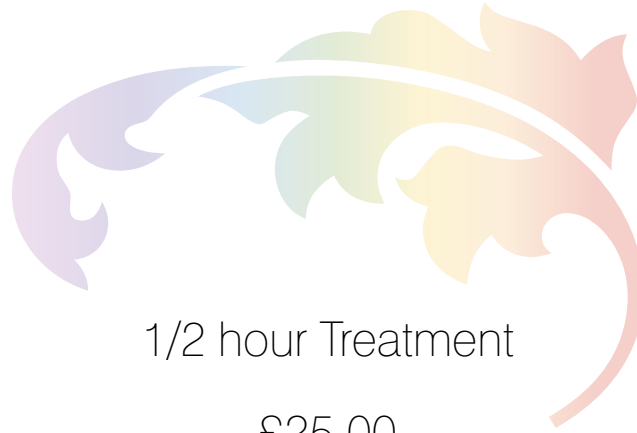


Reiki Benefits

- 🌿 Relaxes 🌿 Reduces Stress
- 🌿 Balances 🌿 Energises the body
- 🌿 Relieves Pain & discomfort
- 🌿 Activates body's natural healing capacity
- 🌿 Strengthens immune system
- 🌿 Assists in detoxification
- 🌿 Speeds up body's capacity to recover
- 🌿 Promotes personal awareness
- 🌿 Improves concentration focus



1/2 hour Treatment

£25.00

1 hour Treatment

£35.00

*For appointments
or more information call*

Kay Burns

01942 323003



Reiki



*Energy Healing
Treatment*



What is Reiki?

Reiki is a Japanese natural healing method practiced worldwide. Reiki means **Universal** (re) **Life Energy** (ki). This energy exists in all living things. Reiki enhances the natural flow of this life energy to promote health and healing at all levels including mind, body, and spirit creating many beneficial effects. Reiki also enhances your natural gifts, increases your body's healing abilities, and complements all other therapies.

Many people experience a Reiki session as energizing, yet deeply relaxing. The energy can be felt in many different ways and no two Reiki sessions will be exactly the same.



How Does Reiki Work?

The treatment is traditionally done similarly to the laying on of hands. The clothed patient is asked to lie down and relax. Then the practitioner acts as a channel for Reiki energy, allowing Reiki energy to flow through the practitioner to wherever the patient's body needs it. The Reiki energy is believed to have a form of intelligence, and "knows what to do". Thus, if the recipient's body needs it and is ready to he may use the Reiki energy for healing and the energy will flow to whatever part of the body requires it.

