



REIKI

Reiki is acknowledged to help with the following:-

- Depression
- Fatigue, lethargy
- All types and levels of stress
- Recovering from accident / illness
- Mum-to-be
- Insomnia

Reiki is a wonderful natural, extremely relaxing and yet energising experience! The stresses and strains of everyday life and its challenges simply melt away as you become deeply relaxed, which enables alignment and balancing of the body, mind and spirit. Commonly our life – force energy can become depleted leaving us feeling tired and for some debilitated, having a Reiki treatment enables the body to recharge and rebalance the energy in and around us, bringing strength and harmony to our immune system.

Reiki is not a massage; it is purely an energy therapy. No clothing is removed and no oils are used. This treatment is superb for anyone and everyone, whether feeling a little under the weather or perhaps simply wanting to experience something quite extraordinary! It can be performed anywhere, preferably in a quiet area either with the recipient seated or laid down so is suitable for most places of work. It has an immediate effect giving feelings of rejuvenation and usually boosting confidence and an overall sense of wellbeing. Extremely beneficial; a whole group of people can benefit from this amazing treatment.