

REIKI

Reiki is a Japanese word meaning *Spiritual (Rei) Energy (Ki)*. Reiki is best described as a Japanese relaxation technique that supports the body's own natural healing process. The client lies fully clothed upon the therapist's couch and Reiki is channelled via the therapists hands onto the clients body. The client may feel this energy as heat, cold or a tingling sensation. Reiki works by balancing the body and can enhance personal growth, develops positive attitude, increases energy, release stress and help promote healing of the mind, body and spirit. The energy does not come from the therapist but is drawn by the client - the therapist is simply a facilitator. The client takes what he or she needs at that moment in time.

Also available—Reiki Drum, a combination of Reiki, sound and vibration healing

£35.00 (60 mins)

£25.00 (30 mins)