

REIKI HEALING

Intuitive Reiki utilizes the energy meridians in the body and focuses on the 7 areas running along the centers of the body (chakras), which correspond to different nerve bundles and glands in the body.



INVESTMENT

\$125

Includes:

1 hour of Reiki energy healing with sound therapy, breath work, somatic release techniques and intuitive insights for deeper and more enhanced healing benefits

*Child sessions for 11 and under also available (\$95 per 45 min session)

BENEFITS

- Promotes harmony and balance.
- Helps restore balance and enhanced the body's natural healing abilities and intuition.
- Creates deep relaxation and helps the body release stress and tension.
- Dissolves energy blockages and promotes natural balance between body, mind and spirit.
- Clears the mind and improves focus, leaving you feeling more grounded and centered.
- Helps improve quality of sleep.



BOOK NOW

WHAT TO EXPECT

Reiki has the ability to meet us where we are and give us what we need most in the moment. Reiki may offer you physical healing, emotional healing or support, mental clarity & inspiration by improving energy flow.

Before we begin, you and I will talk a for bit, helping us to connect with intention about what it is your body, heart, mind, and soul are needing most. We will use a combination of somatic release and breathing techniques to process emotions and sensations at the surface, allowing deeper healing and relaxation to take place during the energy work.

You will then get comfortable (laying down fully clothed on the massage table) as I begin to work with your energetic field and chakras using both tuning forks and light, non-invasive touch with the hands held above a series of locations on the head, front & back of the torso and on the limbs.

Reiki feels a little different for each person but is always very gentle and non-invasive. While some people may feel a soft tingling sensation in different parts of their body, others may feel a sensation of warmth or coolness. You may feel a deep sense of relaxation or even feel as if you are floating.

There is no right or wrong way to experience Reiki energy healing and it may be different for you each time you are in a session. Just allow the Reiki to relax you and allow your state to shift quite naturally as the session proceeds.