

## Reiki

A gentle, hands on healing that channels Ki &ldquo;vital life energy&rdquo;. This energy is activated through gentle touch using the Usui system of natural healing.

During a treatment the recipient remains fully clothed and lying down. The therapists hands are placed in a sequence of positions on the body, allowing the healing energy to flow. Deep relaxation, warmth, tingling or coolness may be felt depending on individual needs.

Reiki enables the body to use its own natural healing abilities to promote health and wellbeing. It can help to alleviate pain and injuries, fatigue, emotional disorders, insomnia, asthma, eczema, migraine and other stress related illness or chronic ailments.

Energy is enhanced, balanced and harmonised. Stress and tension are reduced and the immune system is stimulated promoting healing of the body, mind and spirit.

Treatment time:- approx 1 hr - £30