

Reiki

Reiki is a gentle but powerful “hands on” technique, which restores the natural balance in the body. It provides deep relaxation thus evoking a sense of peace and well being. It works on the emotions, mind and spirit as well as the physical body. It complements but does not substitute the healing properties of all modalities, including orthodox medical treatment, natural therapies, massage, physiotherapy etc. It can be given in conjunction with any other treatment.

A Reiki treatment stimulates the immune system, reduces stress and inflammation, can reduce/relieve pain, especially chronic pain, by bringing the body to balance. A Reiki treatment is safe, non intrusive and non manipulative.

A full treatment takes approximately one hour. You may fall asleep, be silent or talk. During a Reiki treatment you lie on a table fully clothed, covered with a blanket. The practitioners’ hands are placed in specific sequence of positions on your head, front and back.

They gently rest in each position for between three and five minutes. After the treatment your body will be releasing toxins, so please drink plenty of water.