

Bonne Santé

Therapy Centre

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REIKI HEALING

WHAT IS REIKI?

Reiki (pronounced Ray-Key) means universal energy. It is an ancient Japanese method of healing which restores balance and harmony to the mind, body and spirit.

REIKI TREATMENT

You relax fully clothed on a treatment couch or seated while the Reiki practitioner will place their hands lightly on or around the major chakras (energy centers) of the body.

Energy is then released from the blocked areas, allowing it to flow more freely. Many people experience a sensation of heat, tingling or warmth. The treatment itself is relaxing, and you may feel calm and peaceful, or even energised!

Reiki is effective in the treatment of;

- Stress
- Depression
- Anxiety
- PMT/Menstrual problems
- Headaches
- Back problems
- Respiratory problems
- Many more ailments

It's gentle, cleansing energy also promotes people to change habits and patterns they have formed in their lives.

Sessions last approx. one and a half hours. It is recommended that a course of 3-5 sessions are taken to really benefit from the Reiki.

A Centre of Excellence for Complementary and Alternative Therapies and Beauty Treatments in Comfortable and Relaxing Surroundings for Male and Female Clients