

# Reiki



Reiki helps with the following:

- illness
- balancing the bodies chakras
- stress
- anxiety
- depression
- aches and pains
- medical conditions

This treatment involves the laying on of hands to balance out the body's chakras.

Reiki has been practised for a number of years and is becoming very popular in modern day complementary therapies.

During your session you will be fully clothed and will feel a nice relaxing sensation.

The benefits of **Reiki** include stress reduction, relief of aches and pains, detoxification, energy balance and many more...!

**Duration of therapy** - Each session lasts 45-60 minutes

**Cost of therapy** - £25 - £35