

Reiki



Reiki (pronounced Ray-key) is a Japanese word meaning Universal Life Energy, an energy which is all around us. Reiki is powerful but gentle. In its long history it has been used to treat virtually every known disease or injury, even serious ones like multiple sclerosis, heart disease and cancer as well as cuts, bruises, broken bones, headaches, colds, flu, insomnia, impotence and depression.

It is always beneficial and works well with other therapies to bring about improvement. It can also work alongside conventional medical and psychological treatments to improve results. It shortens healing time, reduces/eliminates pain, reduces stress, and creates a sense of optimism.

60 minutes— £45.00
30 minutes— £30.00