

# Reiki



*Want to be more relaxed or revitalized?*

*Support with overall health and  
wellbeing?*

*Have some time to yourself?*

Information for Clients



Spirit, Body & Mind

## What is Reiki?

Reiki is a natural healing therapy, using universal energy that flows through and around all living beings. It is channeled through a Reiki practitioner (using intention) into the recipient, to rebalance and restore the flow of energy.

Imbalances occur when we are stressed or unwell, mentally, emotionally, physically or spiritually. Reiki is gentle, yet powerful, and compliments modern healthcare.

It is safe for all ages, including new born babies, pregnant mothers, surgical patients & the elderly.

Reiki is a practice that was developed by Mikao Usui in Japan, for self-healing and spiritual development, now used in the West to support others as well as the self.

Reiki can also cleanse and purify objects, as with our *Reiki Body Experience* products, simply by holding them and setting an intention to cleanse them.



## Possible Benefits

- Self-healing from stress, illness, pain or mental unrest, such as anxiety
- Enable deep relaxation
- Improve sleep
- Increase energy levels
- Increase overall wellbeing
- Create inner peace
- Induce a calm mind and clearer focus
- Unblock chakras and meridian lines for free flow of energy
- Time to talk in a safe place
- Over time, increased physical, mental and emotional balance

## What sessions look like

- Initial conversation, including health questionnaire to support you the best way possible during treatments (First treatments may take up to 1.5 hours.)
- You will be fully clothed, with removal of shoes or glasses & loosening of a scarf or belt
- You will be laying face up & comfortable
- A blanket may be used for warmth
- Music or a guided visualisation and low lighting may be used, to support relaxation
- Hands are lightly placed on (or off if preferred) key areas of the body related to chakras (our energy centres) to provide a balanced and directed treatment
- Water is offered following the treatment
- Post treatment conversation to discuss how you feel, next steps & aftercare advice

## After Care

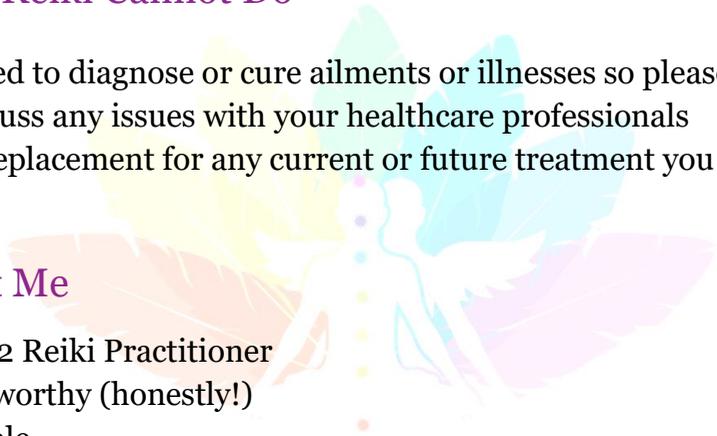
- Drink plenty of water
- Avoid alcohol and caffeine
- Rest or sleep as needed
- Call us if you have any questions or experiences you are unsure about

## What Reiki Cannot Do

- Be used to diagnose or cure ailments or illnesses so please discuss any issues with your healthcare professionals
- Not a replacement for any current or future treatment you

## About Me

- Level 2 Reiki Practitioner
- Trustworthy (honestly!)
- Reliable
- Friendly and approachable
- Good humoured
- Member of UK Reiki Federation
- Enhanced DBS checked people



## Prices From £20

- Taster - 30 minutes including 20 minute treatment £20
- Treatments - 45 minutes including 30 minute treatment £35
- Treatment - 1 hour including 45 minute treatment & free consultation £40



## **Spirit, Body & Mind**

Lisa Tye

Clinical Reflexologist, Reiki Practitioner & Tarot Card Reader

Windermere Drive

Oakley Vale,

Corby

NN18 8ST

01536 237905 or 07789953292

[lisa@spiritbodyandmind.co.uk](mailto:lisa@spiritbodyandmind.co.uk)

[www.spiritbodyandmind.co.uk](http://www.spiritbodyandmind.co.uk)

 @spiritbodyandmind