



About Your Reiki Treatment

What is Reiki?

A Reiki session could be described as somewhere between a massage and a meditation.

Reiki is a technique of healing whereby the therapist channels energy into the patient by means of touch or holding their hands near the patient. Reiki activates natural healing processes and restores physical and emotional wellbeing.

How to prepare for your Reiki Session

You will be fully clothed throughout the session. You are advised to wear comfortable clothing and remove any watches. Other jewellery can remain on and will also be charged by the Reiki.

What to expect

When you arrive, you will have a chat about your general health and what to expect with Bec. If you are having a full Reiki session, you will then lie on your back on a massage table and be covered in blankets. Bec may drop some essential oils into the palms of your hands for you to inhale. If it is a seated session, you will remain in your wheelchair or be asked to sit on a sturdy chair.

Bec will hold her hands on or just above key areas of your body from head to toe and most people report a warm sensation as if Bec is holding hot stones in her hands.

If you are on the massage table, there are some occasions whereby you may be asked turn over or go onto your side and the same process will be completed down your back to your toes. Additionally, if you feel you are more comfortable on your front, please let Bec know prior to the session.

You may talk about thoughts, feelings and sensations during the session but equally you don't have to talk at all. There will be relaxing music to help you wind down.

Bec will be filling you with the universal energy of love which is Reiki. She will also be scanning and re-aligning your 7 main chakra points within the body (See image to the right showing you coloured stars for the main chakra points).

At the end, if you are accepting of it, Bec will give you a mini card reading and gift a lucky dip crystal telling you what the properties of the crystal are and how it can help you raise and balance your energies.





Prior to having a reiki session, you should consult your doctor if you:-

1. Are a type 1 diabetic
(It can mess with your levels)
2. Have a pacemaker
(It can change the rhythms of the pacemaker)
3. Have a broken bone
(It can accelerate the healing and if it is not set right, this will cause alignment problems)
4. You are under the influence of drugs or alcohol
(Your blood will be thinner, and you can get very light headed, dizzy and possibly even pass out)

After Care

It is common to feel the following: -

- Light headedness.
- Headache.
- Fatigue or feelings of alertness.
- Heightened emotions.
- Aching and soreness to muscles.

Please discuss these with Bec immediately if you suffer from them **during** the treatment.

To help counter these potential side effects it is suggested that you have a relaxing evening after treatment, avoid strong flavoured foods and heavy meals, drink plenty of water and try to avoid alcohol. Please also discuss with Bec immediately if you do suffer them during the 24hrs **after** your treatment as she can then advise you what to do.

How often can I have Reiki?

It is advisable that you leave at least a week between sessions depending on how your body reacts. If you do have a strong reaction such as fatigue afterwards, then at least two weeks between sessions is suggested. It is most common to leave 4 weeks between sessions.