



What is Reiki?

Reiki (ray-kee) is Japanese for “universal life energy”. Reiki is a noninvasive holistic healing method. A Reiki practitioner works throughout the body to release blocked energy, allowing it free flow throughout the mind-body-spirit system.

What are Benefits of Reiki?

Reiki’s primary function is to release blocked ‘chi’ (life force or energy). Benefits include easing symptoms related to energy blockages such as relief from some forms of chronic pain, promoting a healthy immune system, increased energy, and even support for the grieving process.

What can I Expect to Experience during Reiki Session?

Some people feel warmth, hot energy, a tingling sensation, or may experience some twitching or jerking. Some feel nothing at all. Even if they feel nothing it doesn’t mean they are not receiving Reiki, only that their sensitivity level may not be as intense as others.

A full Reiki session involves a sequence of hand positions, beginning with the head and working down the body, front and back. The hand positions cover all the internal organs and also the endocrine glands. Each position may be held 3-5 minutes or more depending on each area and individual. Reiki is usually done touching the body but can be done an inch or two above the body for those who do not like to be touched or for reasons not to touch, such as being burned or broken bones.

A person might prefer Reiki over a massage because they may be uncomfortable removing their clothing. (Full) Reiki is practiced on a client who is fully clothed.

The light energy contact of Reiki also works well for individuals with fibromyalgia as they may be too sensitive to the touch or pressure of a regular massage .

Reiki can be incorporated with massage, at client’s request – 1 ½ hr - \$90.00*

Full Reiki Session - 1 hour - \$60.00 *

(prices subject to change)

Schedule your appointment today with:
San Brown, CMT - Reiki Practitioner- Level 2

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