

## What can Reiki help?

Reiki is a gentle, but effective treatment for a range of conditions.

Reiki promotes the bodies own healing abilities and can therefore aid healing on an emotional, physical and spiritual level.

It can help:

- reduce anxiety, tension and stress – and relieve related symptoms, such as sleeplessness and headaches
- Ease the effects of grieving and other emotional traumas
- reduce the pain and discomfort experienced by painful conditions, such as arthritis.
- promote recovery time after illness or surgery
- deepen the effect of other treatments
- relax and refresh you.

## About the practitioner

I am a qualified Reiki practitioner and Flower Therapist and have been practising Reiki for three years. I am a member of the Reiki Association.

I work from The Almond Tree Practice on Friday afternoons and Saturday mornings.

### To find out more

If you would like to find out more about Reiki and how it could help you please phone me.

**Reiki**  
for healing  
&  
relaxation

靈氣

### **What is Reiki?**

Reiki – pronounced ray-key – is a Japanese word meaning universal life energy and is the name given to a method of natural hands-on healing.

### **What happens during a treatment?**

There will be a short consultation, during which I will ask you a few questions and can answer any questions you may have.

Then you lay on a couch – or sit if you prefer – and close your eyes. I will rest my hands lightly in a sequence of positions over your head and body.

The treatment is totally non-invasive – you remain fully clothed at all times and physical contact is minimal.

The treatment takes about an hour.

### **What does it feel like?**

You may experience feelings of heat, cold or tingling during the treatment.

Afterwards, you may feel relaxed and lighter.

### **How many treatments will I need?**

It is recommended that you have 2 or 3 weekly treatments to get the most benefit. But for more serious conditions, more treatments will probably be needed.

I can discuss this with you when you come to see me.

### **Who can have Reiki?**

Reiki is a safe effective treatment for everyone\*, including pregnant women, teenagers and young babies.

But if you're currently having medical treatment or seeing a complementary therapist for a particular treatment, you're advised to speak to them first if you would like to have Reiki also.

\*Please note that Reiki is not recommended for women who are less than 12 weeks pregnant or anyone with epilepsy - please contact me if you'd like to discuss this.

To book an appointment phone Deb Campbell at:

The Almond Tree Practice on  
0117 9756940

Or on 07816 449841 (mobile)  
Please leave a message on my answer phone and I will get back to you.

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