



### Enjoy a reiki treatment from the comfort of your sofa

A reiki treatment can be given remotely – known as distance healing. Distance reiki works because healing energy is not limited by time, distance or space. Some people find that distance reiki can be even more powerful than a hands-on treatment.

#### What to expect in a distance reiki treatment

We'll arrange a convenient date and time. The treatment lasts for an hour. You just need to find a quiet place at home to sit or lie down – somewhere where you can relax and won't be disturbed.

I'll call you 10 minutes before the appointment time to check-in. We can discuss if there are any particular areas you'd like me to focus on.

After we've spoken, I'll hang up and give you a few minutes to get comfortable before starting the treatment.

To try a distance reiki treatment, I need:

- Your full name, location and date of birth - these details aren't kept by me. I just use them at the start of the treatment to ensure the energy is correctly directed.
- A couple of photos of you. One that clearly shows your face, and a full-length one, if possible. This helps me to visualise you as I work and will be deleted at the end of the treatment.



#### A reiki treatment can help to:

- Reduce stress and anxiety.
- Ease pain.
- Energise, reduce fatigue and improve sleep.
- Reduce emotional distress.
- Relieve menstrual and menopausal symptoms.
- Aid recovery from surgery, injury and long-term illness.



“Reiki is a gentle, holistic energy treatment suitable for anyone. It promotes calmness and relaxation and helps boost your body's natural healing abilities.”

Reiki is a complimentary therapy so should be used alongside any existing treatment you are receiving from a GP or healthcare professional - it should not replace it.