

# Reiki and Relaxation Services



Location **North, Lancashire**  
<https://www.freeadsz.co.uk/x-489656-z>



Reiki is a traditional therapy that is becoming more and more relied upon for achieving a deep sense of relaxation. The idea behind Reiki is to bring harmony between your mental, physical, emotional and spiritual energies, allowing for a deep level of tranquillity and calm.

Before your Reiki session begins, you'll be guided into a calm and healing environment, using deeply relaxing music, the warm glow of candles, and the welcoming aroma of essential oils to immediately put you at ease. Before each individual session of holistic Reiki, we begin with a personalised consultation to ensure that energy healing is maximised. Once the session begins, Reiki energy will be channelled through your body, hopefully helping you to feel calm, relaxed, and full of positive thoughts. Specially selected crystals will be used during the treatment to harmonise with your energy levels and improve your overall Reiki experience.

This comprehensive Reiki treatment will begin at the shoulders and soothingly move down through the crown chakra, temples, face, throat, solar plexus, naval, hips legs and feet. This will be repeated encouraging the complete flow of energy through your body. Although a lesser-known relaxation therapy, Reiki is not exclusively reserved for spiritual individuals, and all are welcome to test its calming.



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