

Reiki



What is Reiki

Reiki is a form of complementary therapy that uses simple gentle touch, and visualization techniques, with the goal of improving the flow of energy in a person. Reiki (pronounced ray-key) means "universal life energy" in Japanese, and Reiki practitioners are trained to detect and alleviate problems of energy flow. It is a noninvasive, gentle and safe therapy that has been taught and used in the UK since the late 1900s. Reiki is not based on any belief or faith, and is used widely in hospices and hospitals. The therapy can be deeply relaxing, bringing a sense of warmth, balance, calm and wellbeing.

What happens during a Reiki session?

At your first appointment you will be asked questions about your health and general wellbeing to help determine the focus of the therapy. You remain fully clothed in a lying or sitting position in a quiet environment while the therapist places their hands on or near the body. You may feel warmth, release, tingling or other relaxing sensations.

Who can benefit from Reiki?

The gentleness of Reiki therapy means most people find the treatment relaxing, and many experience relief from symptoms, including pain. Acute stress and anxiety can also be reduced, which, in turn, can help problems caused by these debilitating conditions.

How long does a session last, how many will I have, and how often?

Therapy sessions last up to 50 minutes, although the first session may take a little longer to allow time for a full assessment. We are currently able to offer a set of six sessions for patients and three for family members and carers.

How will I feel afterwards and what should I do?

After a treatment you may feel relaxed and sleepy. Sometimes people feel energised and want to use their energy. If you feel tired, it's best to rest. If you feel energised take care not to overdo it! You may feel thirstier than usual and it may help to drink extra water. It is recommended that you avoid alcohol on the day of the treatment.

Complementary therapies should not be regarded as an alternative to medical treatment prescribed by your doctor.