

Reiki

Reiki Benefits



Adapts to needs of recipient



Helps meditative states



Promotes personal awareness



Enhances spiritual connection



Fosters natural self-healing



Relaxes and reduces stress



Balances energies in the body



Relieves pain and discomfort



Qualified Reiki Levels I & II

£25 per 30 minute session

£30 per one hour session

PARTIAL HANDS ON SERVICE DELIVERED AT THE LILACS CABIN

In the safe comfortable and relaxing environment of the spiritual cabin, enjoy the healing energies of Reiki.

With gentle relaxing music and aromas of essential oils perfuming your Reiki session, you are invited to lose all sense of time and escape the outside world.

The session begins with hands placed gently beneath and holding your head for a short while as Tracey carries out a body scan. This is the only part of the service that is hands on.

As you close your eyes and relax, the healing Reiki energies are sent across your whole body, with focused healing on any areas identified or requested.

At the end of the healing session we allow a short time for feedback within the time quoted

We do offer group sessions and home visits

Please refer to the disclaimer on our website