

FAQ

- What is REIKI?

- REIKI is a gentle and effective form of energy healing that heals on the emotional, physical, and spiritual levels; promoting well-being and equilibrium within.

- How Does it Work?

- Reiki is channeled through the palms of the practitioner's hands as the hands are gently placed upon the body throughout the session.

- What Can I Expect?

- Every experience is unique to the individual, however, some things you may expect or experience is falling asleep, feeling calm and relaxed, and feeling warm or cold.

- Is It Safe?

- Absolutely! Reiki is Source Energy, and can only be used for your highest good.