

Reiki Sessions

call me for a free 10 minute consultation.
Ask me about our 3 and 5 packs and save 10-20%.

What to expect...

How long is a Reiki session?

Sessions are usually 60 mins but 90 minutes sessions can be requested also.

Will I be lying down on a massage table or sitting?

Reiki is usually performed on a client who is fully reclined comfortably on a massage table. It also may be performed on a client who is semi-reclined on a massage chair or recliner. If you have mobility or pain issues please communicate these to me so I may make you your most comfortable for the session.

Am I clothed during my Reiki session?

Yes. Unlike a massage therapy session, you will be fully clothed. You will want to wear loose fitting comfortable clothing.

Will the Reiki Practitioner's hands touch me in any way?

This is your choice. Reiki may be done with a light gentle pressure static touch or the Practitioner's hands may be a few inches/centimeters above your body at the hand positions with no actual touch. There are standard hand placements beginning at your head or feet, avoiding all sensitive body parts. Let me know prior to the session which you prefer, light touch or no touch.

Is your first session the longest?

At your first session you should plan to arrive 10-15 minutes early so I can go over the session, discuss your goals for the session, complete paperwork, etc.

Is one session enough or will I need a series of sessions?

One session is a great start! You will see for yourself how Reiki makes you feel, if it is relaxing or if you feel more clarity after the session. Many people, after trying one session, go on to purchase a series of sessions to progressively work on their current wellness goals.

Is Reiki for an acute condition or a chronic condition?

If you have an acute condition you should seek out a licensed medical professional immediately. If you have a chronic or current issue, Reiki can be an excellent complement in your health or wellness plan.

What will I feel during the session?

Most clients feel a sense of relaxation and peace. The mind may feel calm and your physical body should feel relaxed. Reiki is so relaxing that sometimes clients may fall asleep during the session. Don't worry though, you will still receive all of the benefits of the session, sleeping or awake.

Is there talking during the session?

Usually a session is done without talking and I will have soft ambient music playing in the background to aid in your relaxation. If you want to communicate something during the session, such as if you are cold or too warm, if you would like me to adjust the music, if you are feeling a sensation you would like to discuss, if something feels uncomfortable for you, if you have a question or issue, then do speak up at any time during the session. I want the best for you and to make your session the best experience possible. Also, I will ask you after the session if there is anything you would like to share and you may do so if you want to. This is good feedback for my notes for planning your next session.

What does Reiki feel like?

At the beginning of the hand placements, you may feel a very slight tingling, heat, or energy, or nothing at all. The sensations or lack of are not a barometer of the Reiki, they are just how your particular body senses energy. You may feel a peace and calm in your mind or physically in general. It is different for all clients but deep relaxation is almost always felt.

After I leave my session, should I do anything special?

Drink plenty of water to hydrate your body as your body's energy system may be moving at a more optimum rate, so please care for yourself with water and healthy food. It is beneficial to spend some quiet time after your session to journal or to contemplate as you may have some insights and further mental clarity as your body continues to process the Reiki session.

Are there any medical conditions where I should not receive Reiki?

Reiki is a wonderful complement in a health or wellness plan. It supports your work with your primary care providers. Please see the IARP web site at <https://iarp.org> for articles on Reiki and how it may be of benefit with medical issues, change of life, life stages, and more.