

REIKI HEALING – £40 per hour

You may add half an hour of Reiki to any other treatment (eg a massage followed by Reiki) for only £10 extra. A full hour of Reiki as a stand-alone treatment is just £40.

Hands-on healing can help to relieve physical ailments, anxiety and stress, and emotional or psychological problems. Reiki (pronounced Ray-Kee) works on several levels - physical, mental, emotional and spiritual. Sometimes, real positive changes occur in your life as a result, solutions to problems become apparent, and old hurts are healed. A sense of deep relaxation induces a feeling of calm and an easing of the pressures of modern life.

Whatever your reason for having a session of Reiki or indeed any other treatment, there's no doubt that the healing effects of the touch of the hands make you feel cherished and cared-for.