



Tips to prepare for your Reiki session:

- To optimize the benefits of your Reiki session, it is recommended to ensure adequate hydration by consuming plenty of water before and after the session. This can help the potential release of stored toxins and contribute to an overall positive experience.
- To get the most out of your session, it's best to avoid heavy meals, excessive caffeine, sugar, or alcohol for at least two hours beforehand.
- Please use the restroom before your session to minimize interruptions and discomfort.
- Once you arrive, you will lie on a massage table with linens and blankets. Please wear comfortable clothing to ensure your comfort during your session. You are also welcome to use the restroom to change into comfortable clothing before the session begins.
- Please remember to turn your devices to 'Do not disturb.'

Additional tips to help you prepare for your session:

Take a moment to reflect on your intentions. You'll have an opportunity to share them during the consultation at the beginning of your session. Don't worry if you're unsure of your intentions. Sessions are designed to encourage energetic relaxation and flow and support unrestricted healing by quieting the mind.

When individuals seek Reiki, they often have diverse reasons and intentions for their session, whether for physical healing, emotional balance, or personal enlightenment.

Specific requests for Reiki support include:

- Assistance in restoration, relaxation, and energetic balance.
- Relief from a busy, stressful job or lifestyle that may be causing a racing mind, muscular tension, tinnitus, or other stress-induced mental or physical symptoms.
- Release from feeling trapped or blocked from achieving desired goals.
- Alleviation of a physical chronic ache or pain.
- Therapeutic support to complement primary medical and mental health treatments.
- Relief from anxiety or feeling easily triggered or reactive.
- Fostering feelings of greater self-love and self-esteem.
- Developing personal clarity and purpose.
- Support during a career or personal transition, and preparedness for change.
- Support for grief, sudden loss, and navigating the unknown.

****Please note:** While Reiki can be a great complement, it is not intended as a substitute for your professional medical care and prescribed medication.