

What is Reiki?

Reiki is a Japanese technique used for natural healing and stress reduction. It is a simple, natural, and safe method of healing and self-improvement that everyone can use.

Reiki treats the whole person including body, emotions, mind and spirit, creating many beneficial effects that include feelings of peace, security, and well-being.



**Special
introductory
offer!**

First session \$50

(1hr)

(valued at \$75)

Book a treatment

You can make an appointment by calling or messaging me on +673 897 8825



Isabel Valle

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Experience the Universal healing energy of **Reiki**





Reiki is an energy therapy that works with the body's own remarkable healing capabilities.

It helps to promote and accelerate the natural healing process and restore balance on all levels, physical, mental and emotional.

Our lives are full of hassles, deadlines, frustrations, demands with work, finances, relationships and family.

For many, stress is so commonplace that it has become a way of life. In small doses, stress can help you perform under pressure and motivate you to do your best. Beyond a certain point, however, stress stops being helpful and starts causing major damage to your health, your mood, your productivity, your relationships, and your quality of life.

Reiki works by rebalancing the body's energy flow; it removes blockages within the body which may have been built up for years resulting in physical pain, stress, emotional worries and an inability to move forward.

Reiki is totally safe and complementary to any form of treatment, be it natural or conventional, and can often be used in circumstances where other therapies may be contraindicated.

A Reiki treatment will leave you feeling re-energized, re-vitalized and re-motivated.

Reiki treatments are beneficial with all of the areas below:

- Stress reduction and stress related ailments
- Pain reduction, pain elimination
- Depression and anxiety
- Emotional balance, self-esteem and mental clarity
- Fatigue, sleeping problems
- Weight loss and management
- Addictions
- Making or handling life changes
- Trauma, grief
- Improving immunity
- General well being
- Physical, mental and emotional healing



Reiki can be used by anyone of any age or physical circumstance as the transmission of the Reiki energy is non-draining and not dependent on the health or the belief systems of the practitioner.

A Reiki treatment is done through the hands. Each session is an hour long for you to experience the deep rejuvenating benefits of Reiki. The Reiki energy will be used by the body to help heal, rejuvenate and reinvigorate. Whatever health or wellness issue you suffer from, including physical ailments, disease, stress or anxiety, and any emotional or trauma based issues can often be helped with Reiki in a very gentle and releasing way.



Please note Reiki should not be used as a replacement for proven conventional care or to postpone seeing a doctor about a medical condition.