



## Reiki Massage

Reiki massage is a unique blending of long flowing movements, combined with various levels of pressure, implemented to help to release the mind and let go of stress that is stored deep within the muscles of the body. It takes nurturing and time to ease stress and tension from your body, therefore this massage is a relaxation massage that is better suited to a light or medium pressure to achieve optimum results.

As a Reiki Master, I have the ability and intuition to tap into my clients needs on a physical and energetic level, By incorporating the flow of Reiki energy into the massage you are receiving the benefits of a dual healing, because I work with the physical and energetic body.

Benefits of Reiki Massage:

Promotes relaxation, improved circulation, muscle pain and other physical ailments, and whilst providing spiritual and emotional benefits.

All the relaxing and healing benefits of a traditional massage plus more

- Helps to relieve physical and mental blockages causes from stress and anxiety
- Helps tp remove excess toxins from the body
- Encourages a restful nights sleep
- Increase the energy flow within the body
- Strengthens tissues and organ systems
- Reduces muscular aches and pain including neck and back pain
- Increases energy