



What is Reiki?

Reiki is made of two Japanese words, Rei which means Higher Power and Ki which means life force energy. We understand the use of airwaves, transmissions and the power that gives physical things energy such as mobile phones and all manners of technologies we use daily. Yet understanding our own energies and how to channel them in a daily positive perspective isn't used enough.

As we know, modern life moves at a very rapid pace. Wouldn't we all love to slow down a little? We are living in a world where every move is documented, big brother is always watching, and the pressure to lead a "perfect" life is high, through media, social media & peer pressure and due to the overwhelming need for many of us to find balance within our lives, traditional holistic practices are gaining popularity.

Reiki is a Japanese healing treatment and is all about the transference of positive vibes or life force energies being transported through our bodies to treat various ailments & conditions.

The miraculous medicine of all diseases... & it starts with you!

Benefits of Reiki Treatments.

Reiki aids the body and mind in stress relief and tension by harvesting deep relaxation. The many benefits of this include:

- Helps in stress reduction, promoting relaxation – a powerful relief for those who suffer from migraines, depression, anxiety, insomnia & sciatica
 - Heals infections & inflammations
 - Enables emotional clarity & spiritual growth
 - Improves your general mood & energy levels

Stress is a major factor in the cause and effect of many illnesses and diseases. You've heard the saying "the answer isn't found at the end of an empty bottle" So, why do so many of us reach for the prescribed medication as the easy answer instead of looking inside ourselves and healing from within?

“Quiet the mind... & the soul shall speak” Buddha

Reiki sessions now available at Essere Bella Boutique
22 Kay St, Rawtenstall, BB4 7LS - Tel: 01706 214506 / 07957 827280