



# Reiki Massage

## A Deepening of the Healing Process

Reiki Massage is actually a combination of the traditional therapeutic massage by a licensed massage therapist with Reiki, a type of energy work that provides stress reduction and relaxation in order to activate healing. By combining these two healing modalities together, the practitioner not only helps to release muscles, fascia and/or trigger points that are taut but also helps to release energy systems in the body that are blocked.

When the practitioner is providing Reiki, the massage therapist is acting as a conduit for God's universal energy to flow to the client. The hands can be on the body or above the body, often focusing on the seven major chakras, centers through which energy is absorbed and released. Oftentimes the client will feel heat, tingling, surges of energy, or will experience a deeply induced calm state somewhere between being asleep and being awake. Each client has his own unique experience each time the practitioner works on him/her. The experience of Reiki can be very subtle at times or it can be quite profound. Either way the client who receives Reiki Massage receives the healing touch of the therapist as well as the loving energy of the Universe. The combination of Reiki and massage provides stress reduction, increased immune function and relaxation. This modality is especially beneficial for anyone dealing with immune dysfunction such as cancer, fibromyalgia, multiple sclerosis, lupus and arthritis. It is also beneficial for those dealing with anxiety and depression.

To begin a Reiki Massage, it is helpful for the client to set an intention whether it is for physical, emotional or spiritual healing. This can enhance the effect of the treatment. Allowing yourself to float into a relaxed calm place with massage and Reiki is a wonderful experience for your mind, body and spirit.

**Cost:** \$75 per hour session