



angel heart REIKI THERAPY
HOLISTIC TREATMENTS FOR MIND, BODY, SPIRIT AND EMOTIONS

REIKI AFTER CARE ADVICE SHEET

Reiki is a gentle system of healing, which activates the body's own natural ability to heal itself. Now that your treatment has finished, it is advisable to drink plenty of water and avoid alcohol whilst your body continues to rid itself of toxins. Most importantly, continue to feel calm and relaxed.

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FREQUENTLY ASKED QUESTIONS

What might I feel after a Reiki treatment?

Most people treated with Reiki have reported feeling the following:

- ☐ Very relaxed – This feeling can last for several hours after the treatment.
- ☐ More balanced
- ☐ A heightened sense of well-being
- ☐ Calm and peaceful

Are there any side effects from a Reiki treatment?

There are no harmful effects of Reiki, so the biggest side effect is feeling totally relaxed and balanced. However, occasionally a healing reaction may occur, this will only last a short time, whilst your body releases toxins. Drinking plenty of fresh water will help with this process.

What is a healing reaction?

This is the body's way of releasing toxins and recalibrating after receiving Reiki energy. The symptoms will only last a short time. Healing reactions could take on the form of:

- ☐ A slight headache or feeling lightheaded
- ☐ A cold – runny nose, sneezing or feeling generally 'run-down'
- ☐ Tiredness – falling asleep during treatment or feeling sleepy after the treatment
- ☐ An Emotional release – Crying or Laughing

Please do not worry these reactions only last a short time and are not serious. I am more than happy for you to contact me, should you need any reassurance or have any further questions.

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