

Complementary Therapy Service



Reiki – Information Leaflet

Origins of Reiki

Reiki is a completely natural therapy believed to have originated in Tibet in the 1st century.

In the 19th century it was rediscovered by Dr Mikao Usui, who took the methods back to his homeland, Japan.

Later it was brought to the West by one of Dr Usui's patients and is now known throughout the world.



Scan this QR code to find out more about Dr Mikao Usui and the origins of Reiki:

**reikihealingassociation.com/
the-founder-of-usui-reiki-
getting-to-know-mikao-usui**

What is Reiki?

Reiki is a very gentle and deeply soothing complementary therapy which traditionally uses the warmth and comfort of gentle touch, either directly on or off the body.

Reiki can be used alongside other therapies to help and support you and promote better health and a feeling of wellbeing.

Before treatment

A full medical history will be taken before we begin our treatment and you'll be asked to sign a consent form. All information will be kept confidentially.

During treatment

During the treatment you'll remain fully clothed, but we may ask you to remove your shoes.

You lie down on a couch while energy is transferred through the gentle touch of your therapist's hands. Everyone has a different experience whilst receiving Reiki and you may feel sensations of heat or tingling during the treatment. It can provide feelings of deep relaxation, calmness and peace, and may reduce pain, stress and anxiety.

After treatment

After treatment most people feel an improved sense of wellbeing, occasionally patients experience a mild headache, feeling tired, emotional and may need to go to the toilet more often than usual.

These are all completely normal reactions and should pass within 24 to 48 hours.

It is important to drink plenty of water after your treatment to flush out your system. Try to rest to allow the body time to settle down. If you do experience any side effects, they normally pass within 24 to 48 hours.



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