

Reiki

Benefits:

- *Stress reduction*
- *Decreases pains and aches*
- *Boosts immune system*
- *Improves self-confidence*
- *Aids better sleep*
- *Promotes focus and clears the mind*



Reiki is a Japanese technique of stress reduction and relaxation. It is a treatment that promotes health, well-being and heals on the physical, emotional and mental levels.

Book your relaxing appointment today.

THE HEALING ROOM

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