



Reiki Treatment

EFP has third degree Master trained Reiki practitioners. Reiki originates from Japan and has a 5,000-year-old history. It has been used to maintain and treat illness for centuries. Most people today use this form of treatment along with their standard medical treatments.



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UNIVERSAL ENERGY

FREQUENTLY ASKED QUESTIONS

What is Reiki?

Rei means universal and Ki means energy. Therefore, literally it means universal energy. The treatment moves this vital force in the body. It is thought to balance and increase Ki (energy) back to healthy levels.

What does it feel like?

The patient may sit or lie with their clothes on and the practitioner places their hands gently on the higher energy or sick or injured sites of the body. The client will feel a pleasant sensation of warmth or subtle vibration at that local area. In addition, a general feeling of very deep relaxation occurs as the treatment proceeds. One usually feels relaxed and energized at the end of the treatment.

How long are the treatments and how many will I need?

You can schedule a 1/2 or 1 hour treatment. The body's energy varies from day to day, depending on lifestyle and stress. Therefore, Reiki can be done as often as you would like without any worry of overdoing it.

What are the traditional uses of Reiki?

Reiki can be combined with standard western treatments for virtually any disease. It is not a substitute for good self, medical or psychiatric care. Most people use it to help the body heal along with medical treatments. Because it is so relaxing, many people who use it increase their feelings of well-being and energy. Some, but not all, indications include: headaches, acute injuries, back or neck pain, fatigue, adjunct to cancer chemo or radiation therapy, burns, and insomnia.

What does it cost?

Reiki treatments are not covered by any insurance. The charge for 1/2 hour is \$30 and for 1 hour is \$60. Because this is a professional service, no tipping is permitted!!!



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