



If in doubt, please contact your Therapist
 at Woodlands for further information,
 advice and/or appointment times on **0151 529 2299**

Therapist:

Additional advice from therapist:

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Woodlands Hospice
 Caring for local people since 1996

Woodlands Hospice Charitable Trust, AUH Campus, Longmoor Lane, Liverpool L9 7LA
 Tel: 0151 529 2299 www.woodlandshospice.org Charity No. 1048934

Woodlands Hospice Complementary Therapy

REIKI



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Woodlands Hospice

Complementary Therapy

REIKI



WHAT IS REIKI?

- Reiki is a natural non-invasive therapy that can help to promote the relief of tension, stress and anxiety by channelling Reiki energy (often referred to as Universal Life Force Energy, Ki, Chi etc.) via the therapist to the recipient.
- Reiki works in harmony with conventional medical treatment.
- Reiki is a treatment that does not involve massage or any application of oils etc. The client remains fully clothed throughout the treatment.
- You do not have to be unwell to receive Reiki. It can be accessed at any time, even when you are feeling well, and is often used as part of stress management regimes.

REIKI IS NOT:

- A substitute for conventional medicine.
- A 'cure all' treatment.
- A form of mind control, hypnosis or psychic healing.
- A religious system.

REIKI treatments are aimed at the promotion of rest, relaxation and management of stress and/or anxiety. Reiki does not offer a cure for any degree of illness/disease.

THE TREATMENT ITSELF

- Takes approx. 30-40 minutes, with a medical history being taken, and consent for treatment obtained on your first visit.

- Your therapist will then perform the Reiki treatment by placing their hands on or slightly above the body, allowing the natural flow of the Reiki energy.
- Background relaxation music is played if wished.

BENEFITS OF REIKI

- Promotes general relaxation.
- Works in harmony with medical treatments.
- May promote an increased feeling of well-being.
- May promote increased energy levels.
- May promote balance within the body.

POTENTIAL SIDE EFFECTS:

Usually mild, if experienced at all, possibly lasting up to 48 hours post treatment. These could include:

- Headache/irritability, tiredness.
- Feeling generally unwell e.g. as if you have a cold starting.
- Emotional sensitivity e.g. more tearful.
- Extra trips to the toilet to pass water or have bowels opened.
- Drinking additional fluids is encouraged post treatment to help reduce the risks of possible side effects, as well as avoiding alcohol, smoking or heavy meals. Thus allowing the body to rest.