

Monarch Laser & Wellness Centre

Dr. Marianna Switchuk, M.D.

15 Empress Ave, Suite 2, Hamilton, Ontario L9A 1M1
(905)388-2400 www.monarchwellness.ca



Reiki Therapy

Reiki (pronounced RAY-KEY)---also called energy medicine--- is an ancient hands-on healing practice which harnesses what believers call the Universal Life Force—the energy field that surrounds all beings, including humans.

The term Reiki is a combination of the Japanese words “Rei” (spiritually guided), and “Ki” (energy or force). The practice dates back more than three thousand years ago to ancient Tibet. In the late 1800s, the healing method was rediscovered and later introduced into the western world.

How does Reiki Work?

A Reiki practitioner holds his or her hands in different positions designed to bring energy into the recipient’s body. The recipient remains fully clothed, while enjoying soft music. There is no massaging, kneading or any other intense motion. This treatment is very gentle with no side effects. The practitioner’s body acts as a conduit for the energy to be drawn through and delivered to the recipient.

The Health Benefits of Reiki

The recipient feels a warm flow or tingling sensation in his or her body, but the feeling varies with each person. Some people feel sleepy and relaxed, while others may nap through a session and wake up energized.

- 1) Reiki helps to accelerate the normal healing process, which brings about pain relief and relaxation
- 2) Reiki strengthens and helps the immune system
- 3) Reiki helps to cleanse the body of toxins
- 4) Reiki helps to clear mental and emotional blocks while reducing stress.

What is the cost of a Reiki Session?

½ hour \$45

1 hour \$70