

About Sessions

Reiki is really simple and relaxing to learn and to experience also. You do not need to have any prior experience, and as a client, you just lie on a massage table and enjoy the energies, or sit in a chair. You do not even need to believe in Reiki: it will still work for you!

Both *Reiki* and *Reflexology* sessions are known to have many benefits like: relaxation, and perhaps better concentration. Some people say it is healing, and their pain ceases, however, we do not make any such claims. Mostly, it is like a gentle wave of energy relaxing and soothing to

most people. However, all experiences are different. Please check my website for testimonials.



Call or email for your session today!

270-202-5074

Sessions Offered —

Reflexology, feet hands & ears 75 min

Face Reflexology—45 min

Reiki Healing - 75—90 min

Ionic Footbath - 75 min

Raindrop Therapy - 75 min

Aroma Touch - 75—90 min

Meditation—75 min

Ear Coning—30 min.

Lightarian (TM) Programs: 45 min ea.

Angel links, Rays
Reiki, Clearing

Coming Soon!!

Hypnosis—Past Life, Smoking

Reflexology and Reiki Healing

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Rural Retreat, VA

Reflexology and Reiki Healing
Susan Grimes, BS, CHt, RMT, IET MI,
ARCB Board Certified Reflexologist



Healing Sessions

Bring things
into balance

*Make a change
for the better
with Reiki!!*

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What is Reiki?

Reiki (pronounced "Ray-key") is a simple Japanese energy-balancing method that is used by hundreds of thousands of people all over the world. It is most well known as a sort of hands-on treatment technique, but most "Reiki people" actually use Reiki for themselves.

Where is it from?

Reiki was developed by a man called Mikao Usui in the early 1900s in Japan. He created a simple self-healing and spiritual development system that



anyone could use, and in doing so he drew on many ancient Japanese practices. Eventually Reiki passed to the West and now people practise it in most countries in the world.

What can Reiki do for me?

Anyone can benefit from Reiki, no matter what your age or your state of health. These are some of the things that can accompany the regular practice of Reiki according to many clients —

Reiki Benefits:

- * Deep relaxation
- * Reduced stress & anxiety
- * Boosted energy levels
- * A feeling of inner calm, contentment and serenity
- * A speeding up of the natural healing process

Reiki can also help you to:

- * Feel more positive, confident and better able to cope
- * Deal better with stressful people and difficult situations
- * Develop a strong sense of purpose and clear-thinking
- * Remove some of the 'clutter' from your life

What is Reflexology?

Reflexology is an ancient healing arts and although we know it was used in Egypt, it may actually be much older

Reflexology uses Zones, like acupuncture, on the feet, ears and/or face to reach and unlock all the energy channels in the body.

Regular Reflexology sessions use the feet to assist the body in energy blockage release, and many times essential oils are also used on the feet. They have their own benefits.

Benefits

Reflexology, like Reiki, is also a wonderful relaxing process that simply assists the body in releasing and self-healing. All healing is done by the Self.

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