



Reiki Treatment Aftercare Advice Sheet

After a Reiki session it is advisable to rest and relax for a while. This ensures the maximum benefit from the treatment.

Please follow the simple steps below to support your body after a treatment:

- Drink plenty of pure, non-carbonated water
- Avoid caffeine or alcohol
- Maintain a healthy diet (5 portions of fruit and veg a day)

In addition to feelings of relaxation and being uplifted, occasionally some people may experience the following after a Reiki session:

- Short-term increase in symptoms
- Needing to sleep or rest
- Headache
- Feeling emotional
- Increased urination
- Temporary “flu”-like symptoms

These are all positive signs that are seen as indicative of a body bringing itself back into balance. It is also completely normal not to experience any of the above.

If you do have any concerns, please phone your Reiki practitioner on tel. **07585119866**.

You may like to note below anything you notice after your Reiki session and bring it to your next session: