



Reiki treatments assist with healing on all levels; physical, mental, emotional and spiritual. The treatments take 1 hour and there is the option to incorporate intuitive reading during the treatment. Reiki is an amazing form of energy therapy that works on many different levels. I am attuned to the master level Reiki energy and have been practising since 1999.

Intuitive readings are based on information which is channeled during the treatment. This type of reading can include information relating to your current state of health, past, present and future and assist in guiding you on your spiritual path.

Chakra balancing There are 7 main chakras in the body. If you could imagine chakras as circles of energy, flowing all the way through our body these circles of energy assist in the running of our body, mind and soul. If a chakra is out of balance, this could cause our physical health, emotional health, mental health and our spiritual selves to suffer.

These chakras start at the base of the spine and move upwards to the last one at the crown of the head. They coincide with the positions along the spinal cord of the major nerve ganglia in our physical body.

Colour therapy includes different methods of using colour to assist in overall healing of the body. Things such as incorporating colour into treatments and day to day life, colour readings and chakra balancing can assist you in stimulating your body's own healing processes.