



One of the greatest Reiki healing health benefits is ***stress reduction and relaxation***, which triggers the bodies natural healing abilities, and improves and maintains health. Reiki healing is a natural therapy that gently balances life energies and brings health and well being to the recipient. Reiki healing complements Eastern and Western medicine and is beneficial to the health of woman (even pregnant), man, children and it is also excellent to be used on animals (dogs, cats, horses), plants, water, etc.

Reiki treatments, are always given fully clothed. My hands rest for several minutes at designated positions on your head, upper chest, abdomen and back, and also specific areas in need.

Reiki Now Available on Wednesday's and Friday's at Bellevue Wellness Center. I Accept cash, check or credit card for sessions.

Hands on Sessions

Initial: 190 Minutes of Reiki \$125

Follow Up: 60 Minutes of Reiki \$85



Janice Churchill

Reiki Master, Master Teacher since 2006

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Appointments: 425-358-0611

Some Of The Reiki Healing Health Benefits:

- Creates deep relaxation and aids the body to release stress and tension,
- Raises the vibrational frequency of the body,
- Helps spiritual growth and emotional clearing
- Dissolves energy blocks and promotes natural balance between mind, body and spirit;
- It accelerates the bodies' self-healing abilities,
- Supports the immune system,
- Aids in better sleep,
- Reduces blood pressure ,
- Helps relieve pain,
- Assists the body in cleaning itself from toxins,
- Can help with acute (injuries) and chronic problems (asthma, eczema, headaches, etc.) and aides the breaking of addictions, and
- Reduces some of the side effects of drugs and helps the body to recover from drug therapy after surgery and chemotherapy.

The great thing about Reiki is that one does not have to be ill to experience the benefits.



DISCLAIMER: This information is about the wonderful health benefits of the Reiki Healing Energy. Please note, that Reiki is not a substitute for medical care. This information is not intended to diagnose, treat, cure, or prevent any disease. You should consult with the appropriate health practitioner in case of any medical condition. Please note: a 12-hour advance notice is required for cancellations. A notice shorter than that, or missing an appointment without notice, will incur a charge for the full cost of the session.