

# Reiki in the Medical Spa

## What is Reiki?

Reiki is a holistic, non-invasive healing treatment. The effect of this treatment, that involves gentle touch, is to reduce stress, pain and tension while bringing a person's system back into balance on all levels: physical, mental, emotional, and spiritual.

Reiki treatments stimulate the body's own innate wisdom for healing. Reiki works as a complementary treatment and supports any and all conventional medical treatments.

Reiki treatments are adaptable to any environment and everyone can benefit. Reiki is appropriate and helpful for people of any age and with any condition-newborns, children, teens, adults, and seniors.

## Reiki Benefits

- Reduces pain, anxiety, tension, stress and depression
- Diminishes the side effects of chemotherapy, radiation therapies and medications including anxiety, nausea/vomiting, skin eruptions, fatigue, insomnia.
- May decrease the amount of medications needed
- Quiets the mind and calms and soothes emotions

## Conditions Reiki may help with

- Anxiety
- Blood pressure
- Cancer
- Side Effects of Chemo, Radiation and Medications
- Digestive disorders
- Drug or alcohol addiction
- Heart or circulatory conditions
- Childbirth support
- Insomnia
- Pain
- Stress relief
- Post-Traumatic Stress Disorder (PTSD)
- End of life palliative care
- Trauma, grief, loss

## Reiki Principles

Just for today.....

**Do not be angry**  
**Do not worry**  
**Be grateful**  
**Work with integrity**  
**Be kind to others**

- Accelerates surgical recovery and healing
- Balances the body's immune system
- Dissolves energy blockages and releases toxins
- Enhances feelings of well-being and empowerment



**Tina Dickison**

**MEDICAL ESTHETICIAN**

*Skin Care Specialist  
Laser Technician*

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**MEDICAL  
REIKI MASTER (TM)**

*Reiki Teacher  
Energy Medicine  
Complementary/  
Alternative Medicine*

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For the past 20 years, my main focus has been the health and wellness of my clients; enriching their lives through the healing practice of Reiki, Aromatherapy and Medical Esthetics.

Since completing the Medical Reiki (TM) Training Program, I am able to bring the healing power of Reiki to a more diverse clientele; Alzheimer patients, Sufferers of PTSD as well as Anxiety, Depression and daily stress.

To begin your road to optimum wellness, contact me at the **Spa 654 Club**.



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