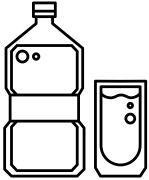


SELF-CARE TIPS AFTER YOUR REIKI SESSION

After your session, the energy will continue to work by detoxing and flushing the toxins from your body. These tips will help with the process.



Keep your body hydrated

Drink 6-8 oz. glasses of water and try a cup of relaxing herbal tea in the evening to relax. Avoid alcohol and sugar drinks.



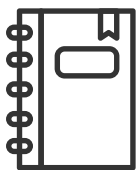
Get plenty of rest

Listen to what your body needs. If you feel tired, slow down because it's often a sign that your body is adjusting to the higher vibrational energy.



Eat light, healthy meals

Eating water-rich foods such as fruits and vegetables can help your body heal. Heavy, processed meals may leave you feeling sluggish.



Journal

Writing or drawing your thoughts or emotions after your session may help process emotional releases and deepen your healing.



Spend time in nature

Take a walk in the park, ground by walking barefoot on the earth, sit under a tree or spend some time by the water.

Reiki is not a replacement for medical care, but can be used as a safe complementary therapy. Reiki will not interfere with any medical treatments or medications.