

High Priestess Herbal Care

What to Expect During Your Reiki Session

YOUR REIKI SESSION IS A SACRED SPACE OF DEEP ENERGETIC RESTORATION. IT'S MORE THAN RELAXATION. IT'S A RESET FOR YOUR BODY, MIND, AND SPIRIT.

Before the Session:

- You'll be invited to set an intention for what you'd like to release or receive.
- We'll do a brief consultation to check in with your emotional, physical, and energetic needs.
- You'll remain fully clothed, lying comfortably on a massage table (or seated for distance/virtual sessions).

During the Session:

- I will use light touch or hover my hands above your body to channel universal life force energy.
- You may feel warmth, tingles, waves of peace, or even emotional release — all are normal signs of energy moving.
- Soft music, aromatherapy, crystals, or breath cues may be included to enhance your experience.
- Sessions are held in quiet reverence. You are free to rest, breathe deeply, or even fall asleep.

During the Session:

- You'll be given time to slowly reawaken and integrate.
- We'll discuss any energetic impressions or intuitive messages received.
- You'll receive aftercare tips (hydration, journaling, salt bath, grounding foods).
- Most clients feel lighter, calmer, and more aligned — some report emotional clarity, healing dreams, or increased intuition in the days following.