

Welcome to my newsletter! Over the next few newsletters I will be testing out different layouts to see what feels best. Looking forward to the metamorphosis and hope you will join me as I go through this process :)



New Reiki Services

Am happy to announce to new sessions that have been requested for a while! I am now offering **Soul Retrievals and Past Life Sessions**. For more information, please check out the link above.



Free Reiki

Will be offering free Reiki on Friday, 6/2/17 at 8pm est. Even if you are doing something else, the Reiki will still flow to you. If you would like to receive the Reiki, please send me an email to

Lourdes@restrelaxationandreiki.com with "Free Reiki" in the subject line.

Visit my YouTube channel for free Reiki videos posted daily. Instagram has Reiki infused photos every day. FB and Tumblr have readings, Reiki videos/photos, and crystal information. Pinterest has the original Reiki photos plus lots of beautiful crystals. <3

Thank you for your time and have a wonderful day! Blessings, Lourdes