Reiki

Japanese Reiki is a form of **complementary therapy** that uses touch therapy and distant healing techniques. Their touch should be gentle, light and comfortable. There will be no massage or manipulation.

What is Reiki?

The majority of people have a sense of well-being and relaxation after Reiki therapy. In some cases, you may feel sensations of heat, tingling, coolness or throbbing.

The therapist's hands will rest lightly in a sequence of positions on your fully clothed body. The aim is to provide gentle warming and vital energy. Reiki is not available on the NHS.

What can Reiki be used to treat?

This form of therapy is believed to alleviate many health problems, including:

- asthma
- eczema
- headaches
- stomach upsets
- anxiety and stress
- back problems

Reiki is not recommended by NICE.

How can I find a Reiki Practitioner?

Training to become a Reiki practitioner is not obligatory, nor the same for every practitioner. There are different strands of Reiki and its practice. It may be useful to ask if the practitioner is registered with the CNHC (The Complementary & Natural Healthcare Council). Finding a therapist that you feel comfortable with is a personal choice. **The Reiki Association** can put you into contact with a practitioner. However, it is up to you to decide whether or not you feel comfortable with them. All members of The Reiki Association must abide by a professional code of ethics, and members offering their services must also be fully insured. It is one of several organisations that verify practitioners for their registration with CNHC.

Last updated: May 13, 2022

Useful Organisations

Reiki Association

Email: memsec@reikiassociation.org.uk

Website: www.reikiassociation.org.uk

Telephone: 07704 270 727

Address: 83 Marleys Way, BA11 3NG

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