



The Integrative Medicine Clinics Reiki

Feel your best every day, at every age. At The Edward-Elmhurst Health Integrative Medicine Clinics we address your mind, body and spirit to assist you in living a better life now!

What is Reiki, and how does Reiki work?

Reiki is a complementary, holistic healing practice that promotes balance in the body, mind, and spirit. Reiki is an energetic practice that supports the body's own natural healing abilities. Reiki is safe, gentle, and non-invasive. The client connects with Reiki through the practitioner's hands which can be held over or placed lightly on the physical body.

What benefits can clients receive from Reiki sessions?

Reiki activates the body's relaxation response. Beginning with relaxation, clients subsequently report the following:

- Lessening of pain and discomfort
- Release of worry, stress and anxiety; mental clarity
- Improved sleep patterns
- Feelings of calm and peace
- Generalized sense of well-being

Which clients are appropriate for referral?

Reiki sessions can be helpful for clients dealing with the following:

- Serious or chronic illness, including cancer
- Acute and chronic pain or discomfort
- Stress, anxiety, worry
- Sleep issues
- Wound healing
- Pre-surgical preparation and post-operative recovery

How much is Reiki Therapy?

- Reiki therapy is \$65 for a 1 hour session, and \$45 for a 30 minute session.*
- Unfortunately, Reiki currently is not covered by insurance.
- It is recommended to try at least 3 Reiki sessions in order to determine the effectiveness of treatment.

*Prices subject to change.

Where do I begin?

Please call the Integrative Medicine Clinic at **(331) 221-6135** to make an appointment.

[EEHealth.org/services/integrative-medicine](https://www.ehealth.org/services/integrative-medicine)

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