

About Soul Star Reiki

Lynne qualified as a reiki practitioner in 2017 after having some reiki treatments herself.

Her own experiences led her to find out more about how reiki can help improve sleep, reduce anxiety and support emotional wellness.

Based in High Wycombe Lynne is also an artist and writer.

Physical reiki sessions are available in Buckinghamshire, Berkshire and London. Distance healing is available worldwide.

"A true healer helps you to remember and reconnect consciously with your inner light.

-Robert Holden

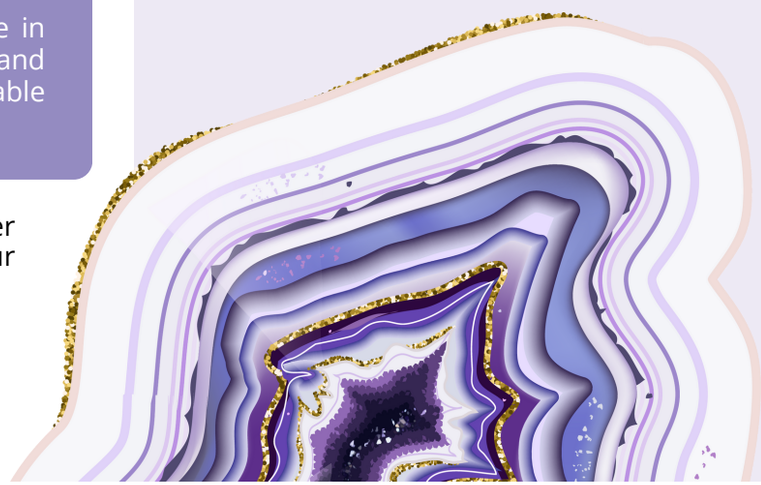
霊気

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"I had a beautiful session with Lynne. I left the appointment feeling less stressed and more grounded. I slept amazing!"

S. Williams





Benefits of Reiki

Physical

Reiki can help detox the body, improve sleep patterns and fatigue, help foster healing of tissues and bones, improve pain, stimulates body's immune system, lower blood pressure, and help promote natural self-healing.

Reiki also supports the well-being of people receiving different treatments for chemotherapy, radiation, surgery, kidney dialysis, chronic pain, infertility, digestive problems, Parkinson's disease, and other stress-related illnesses.

Emotional

Reiki can improve emotional wellness and help to improve mood. It can relieve depression, anxiety, stress, and tension, and help increase self-esteem, self-love, and confidence.

Spiritual

Reiki breaks down energy blocks and balances the chakras, helps with spiritual growth, and helps to increase psychic, intuitive, and creative abilities.



What is Reiki

Reiki as a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

Reiki is a natural and safe method of spiritual healing and self-improvement that everyone can use. It has been effective in helping virtually every known illness and malady and always creates a beneficial effect. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery.

Services

Reiki Session - 55 Minutes	£60
Reiki Session - 30 Minutes	£35
Distance Reiki -55 Minutes	£55
Distance Reiki -30 Minutes	£30

Packages

(3) 60-Minute Reiki Sessions	£160
(6) 60-Minute Reiki Sessions	£300

BOOK NOW

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