



Zen Reiki

*Zen Reiki Sessions Includes my Element Wisdom, Crystal Bowl
and Soul Drumming*

Zen Reiki Energy Healing Session

As you are lying on the massage table Dolores begins with her ceremonial drum; as you listen to the rhythms of the drum it connects to your soul helping with either your intention or releasement whichever one you came in for. Dolores then integrates the elements into tuning into your body and seeing what is in need and then calling the elements in to utilize body wisdom and connecting the elements to the needs of each of her clients. The Reiki Energy begins to flow as Dolores begins with hand positions on your body. Dolores then ends the session with

her "Singing Bowl" to create a higher divine connection to the mind, body and soul.

60 Minutes - \$65.00 and 75 Minutes \$80.00

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What Happens During A Zen Reik Energy Session?

Come to a Zen Reiki session in loose, comfortable clothing. You will normally lie on the table fully clothed, but the technique is so adaptable that you can receive it in almost any setting. Little or no pressure will be applied and no oils will be used. Still and focused, the practitioner will simply place his or her hands on or above your head, shoulders, back, chest, stomach, and limbs. The teachings say that the energy will flow through the practitioner, but not from the practitioner, to you. You will receive the amount of energy you need to bring you mind and body into balance. If you observed a Reiki session, it might not be apparent that anything was occurring. While the effects vary from individual to individual, most people experience deep relaxation. You may perceive a tingling or pulsing sensation, a feeling of warmth and comfort, or you may even fall asleep.

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Jasmine and Neroli Infused in Marula Oil Head/Scalp/Face/Shoulders/Neck Massage and Chakra Balancing

In this treatment I begin with applying Neroli and Jasmine essential oils in a Marula Oil base. As the aromatic smell begins, your tension in your body releases and begins to decrease your anxiety and stress.

The treatment begins with Dolores massaging your head, shoulders, neck and face. Massaging with fingertips and palms as well as using acupressure, which involves applying finger pressure on certain points on the head. Like acupuncture, acupressure is based on the idea that lines of energy (called meridians) run throughout the body and that blockages along these lines cause discomfort, fatigue. It's thought that applying pressure on key points along the lines releases the blocked energy, remedying the problem.

As the treatment continues Chakra Balancing begins, it focuses on the energy centers (chakras) that are in the center of our bodies. - 1 HR - \$80.00

Purchase Now

After Paying for your session you can arrange a time and date with Dolores or you can request an appointment first and then pay.

Request Appointment

sign up for our newsletter

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