



Christina is a Reiki Practitioner and a member of the Natural Health Practitioners of Canada (NHPC). From a young age, she has enjoyed helping friends and family in a variety of ways, from tutoring classmates to providing a listening ear. With a desire to focus on helping others, and a strong belief in the body's amazing ability to both harm and heal itself, it seemed only natural to have discovered her new life path with Reiki.

Of course, helping others is not limited to just people; animals have always held a special place in her heart. To further enhance her bond with animals, Christina also volunteers at the local SPCA, socializing the rabbits waiting to be adopted.

Christina's other interests include crystals, crochet, and a giant cup of tea.



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**REIKI &  
WELLNESS**

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## What is Reiki?

Reiki is a Japanese word which loosely translates as “universal life force”, and this life force (or energy) is present in all living things.

A holistic therapy promoting wellness through relaxation, Reiki is a form of energy healing, often referred to as the “laying on of hands”. The client lies fully clothed on a massage table. Energy is channeled into the client through the practitioner’s hands, which are gently placed in various positions on or slightly above the client. This energy helps remove physical, emotional, mental or spiritual blockages within the body, so that the body can function optimally. When we are relaxed and stress-free, our bodies are better able to heal themselves.

Reiki is a positive energy, which never causes harm. As such, Reiki is a suitable therapy for people in all life stages, including seniors, children and pregnant women.



## Benefits of Reiki

In addition to accelerating the body’s self-healing abilities, other benefits of Reiki may include:

- Pain relief
- Stress reduction & relaxation
- Improved blood circulation
- Reduction of blood pressure
- Toxin cleansing
- Better sleep
- Removal of energy blockages
- Faster recovery from surgery
- Reduction of medicinal side effects



Reiki is a holistic treatment that is not meant to replace medical advice from your doctor, but rather complement it. Should you have any medical concerns, please visit your family doctor or other appropriate health practitioner.

Amethyst Circle is a **mobile** Reiki Practice. **We come to you!**

### Individual Sessions

Conducted in the privacy and comfort of your own home. Experience a traditional session or try one of the following options:

#### ***Athletic Recovery***

Help your body recover after the big game, marathon or charity run

#### ***Bridal Party***

A perfect way to calm the bride’s nerves and pamper the bridesmaids

#### ***Pre/Post Natal***

Great energy for Mom and Baby

One hour - \$75      Half hour - \$45

### Group Sessions

Do you want to reward your employees AND give them a gift of improved health? Why not arrange a day of mini sessions at the office? You provide a quiet, private room such as a boardroom or empty office and we’ll take care of the rest! Group rates can be negotiated.

Gift certificates available  
Flexible appointment times

Visit [www.amethystcircle.ca](http://www.amethystcircle.ca) for the latest specials and opportunities