



NORTH SHORE
MEDICAL CENTER

Reiki Services

Reiki is a Japanese relaxation technique that is an effective complement to conventional medicine. Reiki helps to elicit the “relaxation response” and assists in restoration of the mind-body balance. The word Reiki is made of two Japanese words – “Rei” loosely translates as “universal” and “Ki” is “life energy”. Reiki encourages enhanced functioning of the body’s healing systems and promotes self-healing at the physical, mental, emotional, and spiritual levels.

How Does Reiki Work?

Reiki is done with the client fully clothed, either sitting in a chair or lying down. The practitioner then systematically places their hands at various positions on or slightly above the body. Reiki produces a deeply soothing and restorative experience. Reiki sessions are given on an individual basis. Those with chronic conditions may require more sessions.

What Are the Benefits of Reiki?

Reiki can help to provide relaxation, relieve pain and muscle tension, decrease stress, increase energy, enhance the immune system, provide a profound sense of inner peace and well-being and bring about significant positive changes.

NSMC Outpatient Services, 1 Hutchinson Drive, Danvers

Winnie Rennie, R.M.T., Reiki Master/Teacher

\$70 for 1 hour session

Call 978-825-6557 to register or email nsmcwellness@partners.org



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AND MASSACHUSETTS GENERAL HOSPITAL