

Reboot & Regulate Calm the Body, Reset the Mind

A reset for the man who's always "on."

Ideal for: Men navigating stress, mental exhaustion, irritability, or poor sleep.

This package offers a safe space to slow down, recalibrate your nervous system, and release the build-up of daily stress through energy work and mindful emotional support.

Sessions Overview

1x Intake & Energy Healing scan, Brief check-in followed by full-body Reiki to calm the nervous system and support rest. 60 min

2x Reiki + Chakra Reset healing to balance the energy centers (especially root, heart, and mind), improve focus, and ease emotional overload. 60 min each

1x Integration & Clarity Session Light holistic counselling + tools to manage tension, energy drains, and regain clarity. 60 min

Pricing:

Full Package (4 sessions): R2 200.00

Pay-as-you-go: 4x R600 = R2 400.00

Bonuses

Nervous System Reset skills

Audio

WhatsApp Support



"Begin with calm. Take the first step to feel more balanced, present, and in control of your energy."

Mens Reiki Healing Packages

The Pressure Release – Release, Regain, Realign

Support for the man who carries more than he shows.

Ideal for: Men feeling emotionally blocked, overwhelmed, or emotionally distant, even if they can't explain why.

A trauma-informed journey to release pressure, emotional residue, and years of "holding it all in." Combines Reiki, breath, chakra clearing, and focused emotional support.

Sessions Overview

1x Intake, Energy scan + Reiki Explore stress patterns, emotional pressure points, and physical symptoms. Includes energy healing. 90 min

3x Reiki + Emotional Support Targeted healing (heart, gut, mind), plus counselling for emotional resilience. 75 min each

1x Practical Reset Personalized energy tools + closure with breath, intention, and guidance. 60 min

Price:

Full Package (5 sessions): R3 000.00

Pay-as-you-go: 5x R650 = R3 250.00

Bonuses

"The Reset Plan" PDF Toolkit

1x Audio Practice: Ground | Focus | Let Go

WhatsApp Check-ins



"Clear what no longer serves you. Align your body and mind with clarity, strength, and calm direction."

Ground & Fortify – Strengthen Energy, Build Emotional Stability

For the man seeking deeper clarity, control, and emotional grounding.

Ideal for: Men navigating life transitions, burnout, grief, or disconnection.

This is a supportive space to connect the dots between your energy, emotions, and inner strength. Through Reiki, chakra realignment, and honest reflection, you'll rebuild a deeper sense of groundedness and personal direction.

Sessions Overview

1x Reiki + Holistic Profile Deep intake to map mental, physical, and emotional stressors. Includes Reiki healing. 90 min

4x Reiki + Emotional Integration Intuitive energy work (solar plexus, heart, sacral) and safe, guided conversation. 75–90 min each

1x Closing Session Includes emotional tools, grounding plan, and final energy realignment. 60 min

Price:

Full Package (6 sessions): R4 200.00

Pay-as-you-go: 6x R720 = R4 320.00

Bonuses

Reflection Prompts for Men

Audio

WhatsApp Support Between Sessions



"Heal what's beneath the surface. Regulate your emotions and reconnect to your strength — with support."

Aligned Leadership – Energy & Emotional Mastery for Men

For the man who leads, holds space, and gives to others.

Ideal for: Fathers, mentors, professionals, and conscious men ready to rise into deeper purpose without losing themselves.

This package offers grounding, healing, and growth. You'll explore masculine energy imprints, inner leadership, and tools for energetic resilience. Reiki is combined with deep chakra recalibration, spiritual reflection, and holistic coaching.

Sessions Overview

1x Purpose + Reiki Soul-level intake with energy profile, personal growth themes, and intuitive healing. 90 min

6x Reiki + Reflective Integration Healing, conscious conversation, and techniques to regulate emotions and elevate self-leadership. 90 min

1x Sacred Close + integration tools, and long-term clarity plan. 90 min

Price:

Full Package (8 sessions): R5 900.00

Pay-as-you-go: 8x R750 = R6 000.00

Bonuses

Masculine Energy Reflection Guide

3x Tools: Grounding | Boundaries | Breathwork

Energy Awareness Journal

WhatsApp Mentoring Access



"You're not lost — you're realigning. Step into a deeper version of your purpose with emotional clarity and grounded energy."