

Reiki Healing Packages

Light Touch – Reiki Reset & Energy Calm

A short but powerful journey to return to your center. Perfect for beginners, women feeling overwhelmed, emotionally fatigued, or in need of a restorative pause.

Includes:

1x Energy Check-In + Reiki Healing (60 min)
2x Reiki Reset Sessions (60 min each)

Pricing:

Package: R1 650.00
Pay-as-you-go: 3x R600 = R1 800.00

Bonuses:

- Mini Energy Journal Prompts
- Audio to listen to
- WhatsApp Support

Ready for a gentle restart? Book your Light Touch journey



The Energy Cleanse – Aura & Emotional Detox

Clear the energetic clutter and restore clarity, vitality, and flow.

Ideal for:

Clients feeling drained, heavy, stuck, or energetically “blocked” by stress, work, emotional tension, or toxic relationships.

Includes:

1x Energy & Chakra scan. Explore emotional, environmental, and ancestral buildup in your energy. + A look at any illness or pain in your body + Reiki healing. (90 min)
3x A Holistic check-in, Chakra Clearing + balancing, Reiki healing, and nervous system calming techniques. (60 min each)
1x Integration & Reiki healing. Create your energetic plan with techniques to take home. This will help maintain good balance and energy. These may include breathwork, grounding techniques, and self-love maintenance rituals. (60 min)

Pricing:

Full Package (5 sessions): R2 900.00
Pay-as-you-go: 5x R620 = R3 100.00

Bonuses:

- PDF: “My Energy Maintenance Toolkit”
- 1x Audio to listen to
- WhatsApp Support Between Sessions

Feeling energetically heavy or emotionally blocked? Start your cleanse here



Deep Energy Reconnection – Reiki + Emotional Healing

Where Reiki meets emotional clarity and trauma-sensitive restoration. Ideal for: Clients dealing with emotional overload, grief, trauma residue, or burnout. Perfect bridge between counselling and energy healing.

Session Description Duration:

1x Reiki & Chakra scan with Holistic intake to explore emotional history, energetic patterns, and physical symptoms. Reiki Healing. (90 min)
4x Reiki Healing & Emotional Unwinding Energy work + light Holistic counselling to gently unwind emotions, realign chakras, and regulate the nervous system. (90 min each)
1x Integration & Personal Toolkit We co-create an emotional wellness plan, energy tools, and closing grounding techniques to take home. (60 min)

Pricing:

Full Package (6 sessions): R4 000.00
Pay-as-you-go: 6x R690 = R4 140.00

Bonuses:

- Emotional Reflection Journal Prompts
- 2x Meditations or Audios
- WhatsApp Support Between Sessions
- Optional Breath & Nervous System Practices PDF

Holding too much for too long? Step into deeper emotional healing



Sacred Alignment – Soulful Reiki Mentorship

A Light-touch, soul-centered journey for spiritual growth, energy mastery, and emotional empowerment.

Ideal for:

Spiritual seekers, sensitive leaders, coaches, healers, and parents ready to clear deep energetic imprints and rise into clarity.

Session Description Duration:

1x Chakra & Energy Profile In-depth session at soul-level themes, trauma imprints, Gene Key reflections, and purpose threads. Reiki healing included. (90 min)
6x Soulful Reiki & Mentoring Reiki + spiritual coaching + emotional integration. Sessions may include breathwork, visualisation, somatic exercises and trauma clearing. (90 min each)
1x Sacred Closure session, journaling, intuitive tools, and your long-term energy alignment plan. (90 min)

Pricing:

Full Package (8 sessions): R5 800.00
Pay-as-you-go: 8x R750 = R6 000.00

Bonuses:

- Gene Key Emotional Guide
- 3x Audio or meditations
- Nervous System & Chakra Reset Journal
- WhatsApp Mentoring Between Sessions

Feeling called to a deeper path? Begin your Sacred Alignment

