

AROMATHERAPY BLENDED WITH REIKI

Just like lighting candles and playing music, a pleasant aroma during a Reiki session can help to set the mood and relax a client. More than just nice fragrances, aromatherapy oils can have a dramatic effect on a client.

Aromatherapy employs essential oils extracted from plants, which can be used in three ways: by direct application, bathing in water to which a few drops of the appropriate oil has been added, and, related to Reiki sessions, inhalation.

Many oils are very strong and, while some enjoy this, it's best to ensure that the client's level of sensitivity is respected and a small amount used. A subtle background fragrance can have a dramatic effect.

To accomplish this, you can either burn some in the room before they arrive or have it in an adjoining room.

Another method is to place a drop of the oil on a cotton ball or Kleenex and if the client likes the odour, you can place inside the pillow case or on a nearby table.

It is beneficial to know the presenting problem that the client may have. If you've been able to speak to them prior to their visit, you will be able to use oils directed at specific clients. If you don't, it's safe to assume that everyone needs to relax a bit and selecting an oil for calming always works.

Listed below are a few oils that you will want to consider and their use compared to their therapeutic value in aromatherapy.

Lavender:

In aromatherapy, lavender is a tonic with relaxing effects. It is also an antiseptic, an antispasmodic and it stimulates the appetite. It is also used for minor burns and wounds. Its soothing effects render it helpful for headaches, tension and similar conditions.

In Reiki, lavender is associated primarily with recipients who are sensitive and easily hurt. In long sessions of Reiki, lavender helps to promote the calm and confidence necessary for a period of building and strengthening of the life force energy. Lavender is beneficial in the treatment of insomnia and headaches.

Sandalwood:

In aromatherapy, sandalwood oil is prized for its relaxing and antiseptic effects. It forms a very effective oil for application to the skin (especially facial), particularly for dry or sensitive skin.

Sandalwood oil produces an ambience conducive to the Reiki therapy because the oil is considered to elicit trust and confidence, between practitioner and recipient.

Clary sage:

Clary sage is a tonic, antispasmodic, antidepressant, anti-inflammatory, bactericidal and more. It is also used to treat colds, menstrual problems and its very low toxicity renders it suitable for general use.

In a session of Reiki therapy, Clary sage can be used to open blocked channels and to enhance sensitivity.

Patchouli:

Patchouli has some aphrodisiac qualities, and is also used to treat skin disorders and minor burns because of its anti-inflammatory and antiseptic qualities.

It is also used in Reiki therapy for allergies and impurities of the skin but the fundamental use and aim is to enhance the sensual qualities and aspects of life.

Lemon:

Lemon is well known as healing and purification oil. It stimulates and energizes the body.

Peppermint:

It acts as a purification oil that awakens the conscious mind and removes negative thoughts.

Bergamot:

It has soothing, relaxing properties that uplifts the soul. It promotes peacefulness and happiness.