



RIKA TANAKA

Rika is originally from Japan and has been practicing Reiki for almost 20 years. She is one of very few Reiki teachers in the world given the highly regarded title Daishihan. Her rich experience as a holistic therapist and her extensive knowledge of holistic health, from both East and West, allows her to offer a uniquely tailored and heartfelt service to each client.

Jikiden Reiki

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| 1 hour | £170 |
| 1 hour 30 mins | £220 |
| 2 hours | £280 |

Originated from Japan, Reiki is an energy healing practice suitable for guests seeking a sense of wellbeing, mindfulness and holistic health. During this hands-on treatment, Reiki energy flows through the guest's body, relaxing and healing, both physically and emotionally, encouraging a naturally balanced state with reduced stress and anxiety. Physically it supports the body's balance of hormones and systems, assisting the elimination of toxins and boosting the natural healing process.