

Reiki-plus treatment

Experience deep relaxation with Reiki, healing hands and a closing sound bath of singing bowls and shaman drum.

At the new Flevo Zen location I invite you for a moment of new energy, deep rest and healing. In a relaxed setting you will receive a treatment that lets your energy flow, calms your head and invites your body to recover.



Reiki

A gentle form of energy transfer through the laying on of hands. Reiki helps to release tension, gives new energy, brings peace to your head and restores the natural balance in your system.

Healing hands

Intuitively I tune in to the energy that requires attention at that moment. I can often relieve pain or even make it disappear completely. What people often tell me: there is peace. In the body and in the head.



Sound as a conclusion


The treatment ends with a soothing sound bath. Singing bowls and the deep, earthy vibration of the shaman drum help you to sink into your body and ground yourself. Everything that is touched during the treatment is given the space to sink in.

A tangible conclusion that works through to your cells.


For whom?


For everyone who needs relaxation, attention, healing or just a loving break for themselves.

In consultation, we will coordinate what you need from the above.

 **Gerard Driesen**

 **Flevo Zen**

 **60 min**

 **€ 55**