



NORTH SHORE  
MEDICAL CENTER

## Reiki Services

Reiki is a Japanese relaxation technique that is an effective complement to conventional medicine. Reiki helps to elicit the "relaxation response" and assists in restoration of the mind-body balance. The word Reiki is made of two Japanese words – "Rei" loosely translates as "universal" and "Ki" is "life energy". Reiki encourages enhanced functioning of the body's healing systems and promotes self-healing at the physical, mental, emotional, and spiritual levels.

### **How Does Reiki Work?**

Reiki is done with the client fully clothed, either sitting in a chair or lying down. The practitioner then systematically places their hands at various positions on or slightly above the body. Reiki produces a deeply soothing and restorative experience. Reiki sessions are given on an individual basis. Those with chronic conditions may require more sessions.

### **What Are the Benefits of Reiki?**

Reiki can help to provide relaxation, relieve pain and muscle tension, decrease stress, increase energy, enhance the immune system, provide a profound sense of inner peace and well-being and bring about significant positive changes.

NSMC Outpatient Services, 1 Hutchinson Drive, Danvers

Nancy Earabino, L.P.N., Reiki Master/Teacher

\$70 for 1 hour session

Patients receiving cancer treatment at the  
Mass General/North Shore Cancer Center  
may be eligible for a discounted rate.

Call 978-825-6557 to register or email [nsmcwellness@partners.org](mailto:nsmcwellness@partners.org)



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AND MASSACHUSETTS GENERAL HOSPITAL