

Vita Reiki Aftercare Guide

Supporting your healing in the 24 to 48 hours after your session

Thank you for choosing Vita Reiki. The work continues after you leave the table. These simple steps help your body and mind integrate the session and get the most from it.

What you might notice

It's normal to experience any of the following after Reiki: Deep relaxation or sleepiness,

- Lightness, calm, or emotional release (tears, laughter)
- Vivid dreams or new insights
- Temporary tiredness, headache, or mild "flu-like" feelings as energy shifts

These responses usually settle within 24–48 hours.

How to care for yourself after Reiki

Hydrate well

- Drink plenty of water through the day (aim for 8–10 glasses in 24 hours). Warm herbal teas, or water with lemon, also support your system.

Rest and go gently

- Your body has been doing deep inner work. If you feel tired, rest or nap. Avoid overscheduling and give yourself a buffer after the session before returning to high-stress tasks.

Eat light nourishing food

- Choose simple, whole foods: soups, broths, fresh fruit and vegetables, smoothies, and gentle grains. Heavy or highly processed meals can leave you feeling sluggish while your system rebalances.

Gentle movement

- A short walk, light stretching, or restorative yoga helps energy flow without strain. Avoid intense workouts for about a day.

Time in nature

- Spend time outdoors if you can—parks, water, or trees all have a regulating effect. Quiet time, breathing, or meditation supports integration.

Honour your emotions

- Emotions or memories may surface. Let them move through you without judgement. Cry, journal, or talk to someone you trust if you need to.

Avoid alcohol and limit caffeine

- For 24 hours, avoid alcohol and keep caffeine low. These can interfere with your body's natural settling and detox processes after Reiki.

Hold off on big decisions

- Reiki can bring clarity, but it's wise to let the dust settle before making major life choices. Give yourself a day or two to reflect.

Integration ideas

- Grounding/earthing: Stand or sit barefoot on grass or soil for a few minutes.
- Warm bath or shower: Some people find a salt bath or warm shower helps them feel cleansed and grounded.

When to seek extra support

Most after-effects are mild and short-lived. If you feel unusually unwell, very distressed, or symptoms persist beyond 48 hours, contact your GP or another appropriate health professional. Reiki is complementary and does not replace medical care.

Book your next session

Reiki works best as a series, allowing each session to build on the last. Many people find a course of 3 to 6 sessions helpful then occasional "top up" sessions as needed.

Continue your healing journey by scanning the WhatsApp QR Code:

