## *FREQUENTLY ASKED QUESTIONS*

*What is Reiki?*
Reiki is a Japanese energy practice in which the practitioner channels universal life energy and transmits it through the hands, placed gently on or just above the body.

*What is Integrated Energy Therapy (IET)?*
IET is an energy-based approach that combines a light touch with a protocol of release and integration. It is based on the idea that the human body stores suppressed emotions in specific places of cellular memory.

*What happens during a session?*
After a brief exchange, you settle comfortably, fully clothed. The practitioner places their hands on different areas of the body. The session lasts one hour, followed by a short sharing moment.

*Can the treatment be done remotely?*
Yes, remote sessions also last one hour: an initial exchange, around 45 minutes of energy work, then feedback on your experience.

*How many sessions are recommended?*
Each journey is unique. Some people come for a single session, others prefer support over several sessions. The 4-session package allows you to deepen the experience.

*What are the prices?*
Individual session: €80. 4-session package: €300. Home sessions: €80 + €0.50/km.

*How do I book an appointment?*
Online via Doctena, by phone/WhatsApp at +352 691 146 398, or by email at jeanmarie.orosco@ghaya.lu.

*Where is the practice located?*
1 rue d'Anvers, Place de Paris, L-1130 Luxembourg. Tram stop Place de Paris, close to Luxembourg Central Station, Fort Wedell car park (2 hours free on weekdays).

*What languages are spoken?*
Consultations are available in French and English.

*Are sessions reimbursed?*
Energy healing is not reimbursed by Luxembourg social security. Some private health insurers may offer partial coverage.