

THE TREATMENTS

Reiki

The concept:

The word Reiki comes from Rei ('universal') and Ki ('life energy'). In traditional practice, the practitioner channels Reiki and transmits it through the hands, placed gently on or just above the body.

The intention:

To create a space conducive to deep relaxation, inner balance and self-reconnection, while fostering a greater sense of harmony and well-being.

Who is it for? :

Reiki can be received by anyone wishing to take a moment of calm, relaxation and self-care, especially during periods of stress, fatigue or transition.

Integrated Energy Therapy (IET)

The concept:

The IET protocol is based on the idea that the human body stores suppressed emotions in specific places of cellular memory. The session combines a light touch with a guided energy-based approach as a support for a process of release and integration.

The intention:

IET aims to support the release of certain emotional patterns and associated experiences linked to emotions such as fear, anger or guilt, while fostering an increased sense of love, safety and forgiveness.

Who is it for? :

IET may be particularly helpful for people who feel 'stuck' in certain areas of life, are going through a period of grief or significant change, or wish to explore recurring emotional patterns and move forward with greater lightness.

SESSION FLOW

What happens during a session at the Ghaya practice or at home?

We begin with a brief exchange to clarify your needs, then you settle comfortably, lying down or seated, fully clothed. During the session, I gently place my hands on different areas of the body or just above them. We then take a few moments to share your experience and welcome your sensations. A session lasts 1 hour (Reiki) or 1h30 (IET) in a calm and caring environment.

What happens during a remote session?

We begin with a brief exchange to clarify your needs, then you settle comfortably, lying down or seated, fully clothed. During the session, I work with your energy field for around 45 minutes. We then take a few moments to share your experience and welcome your sensations. The session lasts 1 hour (Reiki) or 1h30 (IET), as at the practice or at the client's home.

WHAT YOU MAY EXPERIENCE

Energy healing is experienced in a soothing and welcoming setting, with no special preparation required. Each person's experience is unique.

Mental calm

A moment to pause, slow the pace and simply welcome what arises, in a setting conducive to calm and relaxation.

Energetic renewal

A time to reconnect with yourself, listen to your feelings and explore what it means for you to find more balance and presence.

Physical ease

An invitation to bring attention to the body, to slow down and welcome the sensations that may arise during the session.

Emotional support

Gentle support to take the time to welcome what is there, explore your feelings and move through periods of change with greater presence.

Overall well-being

A pause to slow down, relax and observe how body and mind experience the session, each at their own pace.

Inner clarity

A space to step back, listen to your feelings and deepen your relationship with yourself, at your own pace.

PRICING

Individual session at the practice — Reiki 1 hour · IET 1h30

€80

Home session (mileage supplement +€0.50/km)

€80 + travel

Remote session — Reiki 1 hour · IET 1h30

€80

4-session Reiki or IET package, at the practice, at home or remotely (valid one month)

€300

HOW TO BOOK*Online via Doctena*

Book your appointment directly online:

<https://www.doctena.lu/fr/specialite/therapie-reiki/jean-marie-orosco-2088926#25557>

By phone or WhatsApp

+352 691 146 398

By email

jeanmarie.orosco@ghaya.lu

Practice address

1 rue d'Anvers, Place de Paris, L-1130 Luxembourg

Opening hours — by appointment only

Monday – Thursday: 9 am – 7 pm · Friday: 9 am – 3 pm

