REIKI & WELLNESS

Understanding the possible physical and emotional wellbeing experiences of a Reiki session

A gentle complementary wellness practice

Reiki is a gentle complementary wellness practice in which a practitioner places their hands lightly on or just above the body. At Selka, Reiki is offered as an opportunity to slow down, pause, reconnect and receive in a calm and welcoming environment.

Possible Physical Wellbeing Experiences

- Deep relaxation
- A feeling of rest and ease
- A reduced sense of physical tension
- Greater awareness of the body
- A peaceful transition into rest

Possible Emotional & Mental Wellbeing Experiences

- A sense of calm
- Space to pause and breathe
- A feeling of emotional ease or release
- Greater self-awareness
- Feeling supported and cared for
- A renewed sense of connection

Every experience is individual.
You may feel deeply relaxed, refreshed, emotional, peaceful, energised — or you may notice very little immediately. There is no right or wrong way to experience a Reiki session.

What Australian Research Tells Us

Researchers from Bond University on the Gold Coast, Queensland, have contributed to the Australian research literature on Reiki. A 2022 systematic review by Sonia Zadro and Peta Stapleton examined 14 randomised placebo-controlled studies of Reiki and mental-health symptoms. The authors reported promising findings for some symptoms, while also noting that the number of studies in each area was small, some studies had risk-of-bias concerns, and further placebo-controlled research is needed before firm conclusions can be drawn.

A 2026 Bond University study surveyed 457 Australians about awareness and use of Reiki, energy healing and complementary medicine. The study found high levels of awareness and reported use within its sample, but also found that many participants were not familiar with the current state of Reiki research. This study provides Australian information about awareness and use; it was not designed to establish that Reiki is an effective treatment for health conditions.

An important note about wellbeing claims

Research into Reiki is continuing, and individual experiences should not be presented as medical outcomes. The information on this page describes possible wellbeing experiences rather than proven treatments or cures. Selka does not diagnose, treat, cure or prevent medical or mental-health conditions, and Reiki is not a substitute for appropriate healthcare or prescribed treatment.

Important to Know

- Reiki is offered at Selka as a complementary wellbeing experience.
- Individual responses vary and no particular outcome can be guaranteed.
- If you have a medical or mental-health condition, are pregnant, have recently had a procedure, or are unsure whether a session is appropriate for you, speak with your doctor or another qualified health professional.
- Your comfort and boundaries matter. You can communicate preferences, ask questions, pause or end a session at any time.

A Selka Session

A Reiki session at Selka is an invitation to step away from the pace of everyday life and create a little space for yourself. There is nothing you need to achieve and no particular experience you need to have. Simply arrive, settle in, breathe and receive.

SELKA
Energy • Healing • Reiki

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Research sources
Zadro, S. & Stapleton, P. (2022). *Does Reiki Benefit Mental Health Symptoms Above Placebo?* Frontiers in Psychology, 13, 897312. Bond University, Gold Coast, Queensland.
https://research.bond.edu.au/en/publications/does-reiki-benefit-mental-health-symptoms-above-placebo/

Zadro, S. & Stapleton, P. B. (2026). *Awareness and Use of Reiki, Reiki Research, Energy Healing, and Complementary Medicine amongst Australian Health Professionals and the Community.* Global Advances in Integrative Medicine and Health, 15, 1–14. Bond University, Gold Coast, Queensland. https://research.bond.edu.au/en/publications/awareness-and-use-of-reiki-reiki-research-energy-healing-and-comp/

This document provides general wellbeing information and is not medical advice.