



Suggested equipment list

For a professional Reiki session, you'll want to create a welcoming and energetically supportive environment for both you and your client. Here's a list of essential equipment and materials:

1. Treatment Space Setup

Massage or Reiki Table – A comfortable, adjustable-height table with soft padding.

Comfortable Chair – For you to sit on to preform your Reiki session.

Clean Linens & Blankets – Fresh sheets, a soft blanket, or a light covering to ensure client comfort.

Pillow or Bolster* – To support the client's head, knees, or back for better alignment and relaxation.

Eye Pillow (Optional) – To block out light and deepen relaxation.

2. Ambiance & Energy Cleansing

Candles or Dim Lighting – Creates a calm and soothing atmosphere.

Aromatherapy – (Optional) - Essential Oils or Incense such as Lavender, frankincense, sandalwood, or other relaxing scents. If your client is sensitive to scene, do not use aromatherapy.

Crystals (Optional) – Selenite, clear quartz, amethyst, or rose quartz to enhance energy flow. Simply leave the crystal(s) in the healing room.

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Sound Elements – Soft music, singing bowls, chimes, or a white noise machine to create a peaceful ambiance. This also depends on your client whether they would like to incorporate the sound element into their session.

3. Practitioner Essentials

Comfortable Attire – Loose, neutral, or natural fiber clothing to facilitate energy flow.

Water & Hydration – For both you and the client before and after the session.

Hand Sanitizer or Cleansing Wipes – To maintain hygiene before and after touching the client.

Notebook & Pen – For taking notes on the session and tracking client progress. (Should follow HIPPA laws, which will be discussed in this program.)

4. Client Support Materials

Intake Forms & Consent Forms – Please follow instructions for your practice sessions during training

5. Energy Tools & Enhancements (Optional but Beneficial)

Reiki Symbols Chart or Journal– For reference when using Reiki symbols during sessions.

Water – To offer clients after the session for grounding.