



WELCOME. MEDIA KIT

 **sesh**

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OUR BELIEF

HEAL YOUR ENERGY

Self-care should care for the whole you and that includes your energy.



WHAT IS SESH?

Sesh connects you to a highly vetted network of SoCal Reiki Healers so you can seamlessly book and experience Energy Healing right from the comfort of your own home.

Healing in
Los Angeles, Orange County, San Diego

MY NAME IS JACLYN FRANCIS

FOUNDER & CEO

I started Sesh because Reiki changed my life. It's one of those things you don't fully understand until you try it for yourself, and my experience was so life changing I found myself telling everyone about it. I even went on to become a certified Reiki Healer, which opened up the door to create what is now Sesh.

Reiki showed me just how important our personal energy is for our overall well-being, and by simply healing it so much can change within yourself and the life you're creating.

Like most people in their mid 20's, I was dealing with a ton of anxiety and uncertainty about my life. I was never satisfied or fully happy, and was always overanalyzing my decisions and the future. I could not find a way to heal how I was feeling, both physically and emotionally, until I had my first Reiki Healing.

It made me begin to look at how society focuses so much on our physical when it comes to self-care and why we aren't encouraged to take care of our personal energy. Especially, if we already discovered through Quantum Physics that everything is energy.

So, it has become my mission to bring Energy Healing to the forefront of our self-care routines by giving you a platform and brand that confidently inspires you to heal your energy.





WHY SESH?



BECAUSE
YOUR
ENERGY
IS YOUR
ESSENCE.

Everything is energy, but for some reason we don't care for our personal energy the way we should. Sesh is here to change that by bringing Energy Healing to the forefront of your self-care routine so you can radiate the energy that makes you the most authentically powerful version of you.

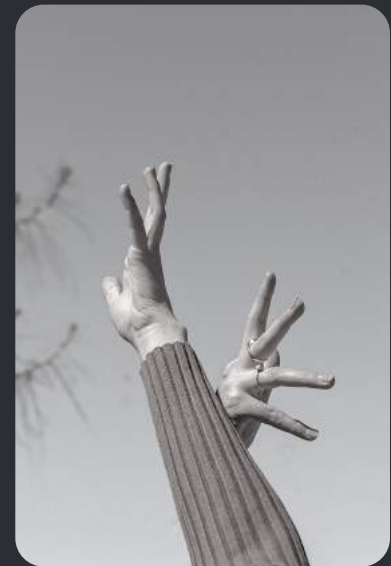


Sesh uses the Energy Healing modality Reiki – a gentle yet powerful form of Energy Healing that detoxes our energy and rebalances us holistically.

The word Reiki literally means Universal Energy - it dates back over 100 years where it was first discovered in Japan by a man named Dr. Mikao Usui.

REI · KI
(UNIVERSAL) (ENERGY)

Reiki Healers act like a channel to our Universal Life Force Energy. They use light hand placements (both above and on your body) to intuitively guide this very high vibrational Universal Energy Source through the parts of us that need healing most.



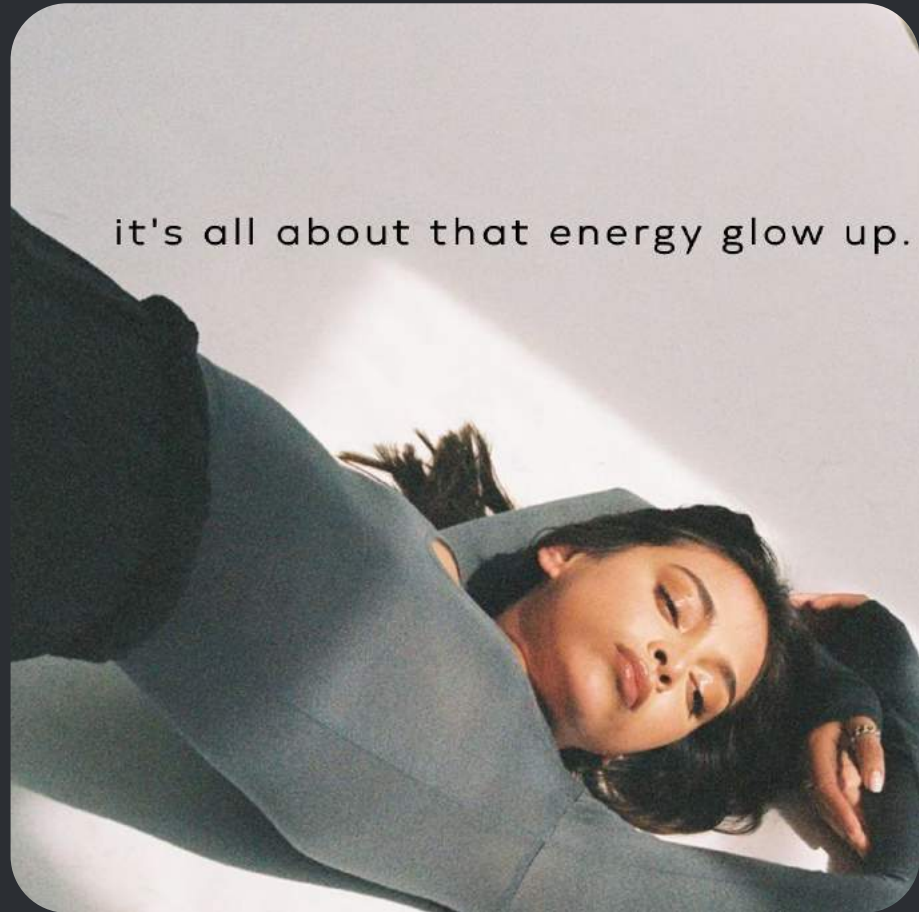


RELEASE RENEW REBALANCE

Think of Reiki Healing as an energy detox. It moves around your stagnant energies and releases what no longer serves you to make space for what truly does.

If you are dealing with lower vibrational energies like stress, anxiety, pain, heartbreak, grief, uncertainty, or just feeling off balance, a Sesh can help.

Reiki Healing raises your overall vibration and heals at the root so you can begin to glow from the inside out, radiating the energy that makes you the most authentically powerful version of you.



it's all about that energy glow up.





JUST A FEW SIMPLE STEPS

Drop Your Location:

Sesh Healers always bring the Sesh to you

Pick Your Healer:

Sesh finds and personally vets the best certified Reiki Healers in SoCal

Book Your Sesh:

Schedule a time that works for you

Heal Your Energy:

Your healer will do all the work. It's time to relax and heal your energy.

60 MINUTE SESH

Release and rebalance by detoxing your energy. Great for anyone who feels stressed, out of balance, looking to increase their vibration, or work through a specific intention or emotion.

\$99

90 MINUTE SESH

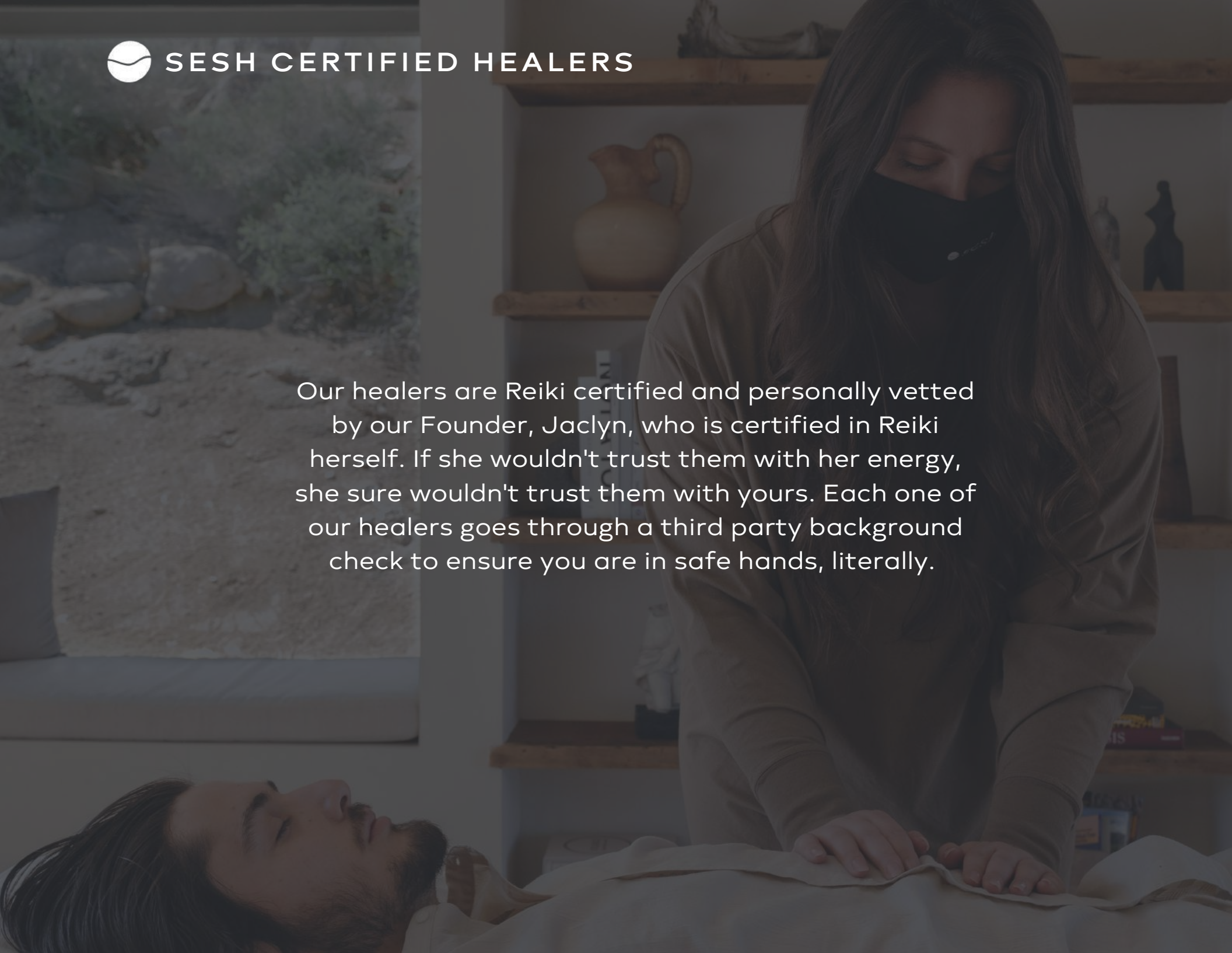
Go a bit deeper. A little extra time can help you heal a specific trauma or work through multiple intentions. A longer Sesh will allow your healer to deeply move energy blocks to get you to a happier and healthier place.

\$148

120 MINUTE SESH

Our "Back to Back" Sesh. One healer, one location, two back to back 60 minutes Seshes. This is perfect to book with your partner, friend, roommate, or family member so you can easily share the power of healing your energy together.

\$298



Our healers are Reiki certified and personally vetted by our Founder, Jaclyn, who is certified in Reiki herself. If she wouldn't trust them with her energy, she sure wouldn't trust them with yours. Each one of our healers goes through a third party background check to ensure you are in safe hands, literally.

CLIENTS LOVE SESH



KAYLA TROMBINO | SINGER & SONGWRITER

"I slept last night which is extremely rare for me. I've struggled with insomnia for 10 years and haven't had a nights sleep like this in forever."



ANONYMOUS | FIRST TIME REIKI CLIENT

"It was one of the most transcendent experiences I've ever had. Thank you so much for the healing space you've created and cultivated!"



XUAN TRAN | SESH'S HEAD OF BUSINESS OPERATIONS

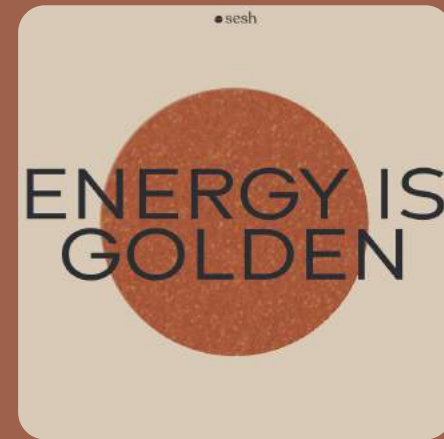
"At the time, my life was very stressful and overwhelming. I felt stagnant and didn't know what to do to help my mental well-being. After my first Sesh I felt at peace with myself and had a sense of clarity. I immediately wanted to get involved with this company because of the impact it had on my own life. I now sit on the team as Sesh's Head of Business Operations!"

**FOLLOW
SESH**

INSTAGRAM

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www.readysesgho.com



GET IN TOUCH



JACLYN FRANCIS |
FOUNDER



XUAN TRAN |
HEAD OF BUSINESS OPERATIONS

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THANK YOU!