



Beer Barron Ltd T/A Epic Hospitality
L2 35 Dixon Street, Te Aro, WELLINGTON

7th November 2023

To Whom It May Concern:

Re: Reference for Christine Loweth

I am writing this reference letter to wholeheartedly endorse and recommend Christine as a Reiki healer and stress management coach. Christine has played a pivotal role in helping me navigate a challenging period in my life when I was seeking effective stress management techniques due to a knee injury that restricted my regular exercise routine.

Upon discovering Christine's website, I decided to explore Reiki as an alternative stress management system, and it turned out to be one of the best decisions I've ever made. I attended regular Reiki sessions with Christine on a weekly basis for several months. From the very first session, I experienced a profound sense of calmness and well-being that had been missing from my life. As I continued with the sessions, I found the benefits compounding, with each visit bringing even greater relaxation and peace of mind.

However, Christine's role extended beyond the traditional boundaries of a Reiki healer. She demonstrated her expertise in not only the practice of Reiki but also in providing invaluable guidance and coaching on stress management. Christine shared various strategies and techniques with me, and her insights into mindset management were truly enlightening. Under her guidance, I learned a range of new strategies that have been instrumental in helping me manage my stress effectively. I have even passed on some of these strategies to my staff and team, where they have been well-received and have had a positive impact.

Christine's dedication to her clients' well-being, her holistic approach to healing, and her ability to teach effective stress management strategies make her an exceptional practitioner in her field. I wholeheartedly recommend Christine as a Reiki healer and stress management coach to anyone seeking support in managing stress, achieving inner peace, and improving their overall well-being. Her warm and empathetic nature, coupled with her expertise, create a truly transformative experience.

If you have any further questions or require additional information, please do not hesitate to reach out to me. Christine has made a significant and positive impact on my life, and I am confident that she can do the same for others.

Yours Sincerely,

A handwritten signature in blue ink, appearing to read "Greig Wilson". The signature is fluid and cursive, with a long horizontal stroke at the end.

Greig Wilson

Director

Beer Barron Limited T/A Epic Hospitality

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