

Energy With Julie

MEDIA KIT

MEET JULIE



Julie Cook creates sacred, heart-led spaces where groups and individuals can breathe, release, and reconnect to their fullest selves.

She holds a rare combination of professional grounding and spiritual attunement bringing decades of experience in corporate and educational settings together with her intuitive gifts as a Reiki Master, aesthetician, and sound practitioner.

Through sound healing, breathwork, energy practices, and guided experiences, Julie guides participants into deep relaxation, emotional regulation, and meaningful inner work. Her sessions are designed to be immersive, transformative, and anchored in warmth and safety allowing people to fully inhabit their presence, creativity, and joy.

Whether it's a corporate wellness day, a retreat, a private gathering, or a brand activation, Julie's work is about creating spaces that ripple connection, ease, and authentic energy.

Reiki Master • Aesthetician • Sound Practitioner • Energy Healer • Facilitator • Educator/Teacher



OFFERINGS

700+
CLIENTS SERVED

3,000+
SESSIONS FACILITATED

100+
EVENTS FACILITATED

2017
PRACTICING SINCE

Reiki Healing

In-person in Toronto or distance sessions via Zoom, tailored to each client.

Energy Healing Facials

Seven signature facials, including the original Crystal Reiki Facial.

Tarot & Oracle Readings

Intuitive card readings for guidance and clarity, in-person or remote.

Reiki Certification Training

Shoden through Master Teacher levels, for practitioners building their own practice.

Corporate & Group Events

Reiki, sound healing and facials brought to parties, retreats and workplaces.

Sound Healing

Alchemy crystal singing bowl sessions that balance energy through rhythm and frequency.

Corrective Skincare

Chemical peels and microneedling with professional grade skin care.

Celluma LED Light Therapy

Light-based treatment supporting skin healing and rejuvenation.

Short Bio

Julie Cook is a Reiki Master, aesthetician, and sound practitioner offering energy-infused facials, Reiki healing, and sound sessions from her Toronto studio. Drawing on decades of experience in corporate and educational settings alongside her intuitive gifts, she blends hands-on skincare with energy work, including her signature Crystal Reiki Facial. Her in-studio sessions are immersive, transformative, and anchored in warmth and safety, whether it's a one-on-one facial, a Reiki treatment, or a private group booking.





Shorter Bio

Julie Cook is a Toronto-based Reiki Master, aesthetician, and sound practitioner creating sacred, transformative wellness experiences for individuals, groups, and brands.

Brand + Corporate offerings

Julie partners with companies, studios, and communities to bring embodied wellness and transformative experiences to events, activations, and retreats.



- Sound Bath Healing
- Meditation
- Breathwork & Nervous System Reset
- Group Reiki & Energy Healing
- Tarot / Oracle Sessions
- Custom Rituals
- Intention Circles
- Event Openings
- Facial Ritual Workshops
- Wellness Education
- Speaking segments
- Guided activations and retreats
- Sponsored content
- Brand collaborations
- Spiritual Mentorship

Partnerships

EATALY · ZENSURANCE · CANADA GOOSE ARCTIC PROGRAM · MEJURI · kāer

EQUINOX · UNIVERSITY OF TORONTO · Cetaphil · UBISOFT · LAMBORGHINI

Previously featured by

the social

THE GLOBE AND MAIL

I cannot say enough wonderful things about Julie and the beautiful sound healing experience she created for my friend's baby shower. From the responsiveness leading up to the event to the moment she arrived, Julie brought such a warm, calming, and positive energy into the space. She was incredibly thoughtful, adaptable, and made everyone feel comfortable and included — whether it was their first time experiencing sound healing or not.
The session was such a meaningful and special addition to the celebration. It gave everyone a moment to pause, connect, and share in such a peaceful and memorable experience together.
Julie has a gift, and her kindness and passion shine through. I would highly recommend her to anyone looking to bring a unique, heartfelt, and beautiful experience to their event. ✨

-**Magalie K**

My daughter started reiki with Julie a few years ago and has been seeing her every 2 weeks consistently. Our daughter suffers from many issues due to her disability but through Julie's energy healing her seizures have almost completely diminished from 20 a day to 1 or 2 at night. We are truly grateful for Julie.

-Tracy

Read more reviews here

PHOTO DRIVE

Reach out

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