



Shiatsu

What is Shiatsu?

A simple Japanese word meaning *finger pressure*, Shiatsu is a traditional physical healing therapy. Like acupuncture but without needles, it works on both the energetic and physical levels. Taking place on a futon mat, or when necessary, seated, the receiver remains clothed and a treatment lasts 50 to 60 minutes.

Benefits

Benefits of a Shiatsu treatment include:

- Relaxation of mind and body
- Increased well-being
- Restoring and balancing energy
- Easing of tension and stiffness
- Improved circulation

The Shiatsu practitioner considers your health and symptoms. Accordingly he uses a variety of pressure and gentle stretches on the energy meridian lines. The special quality of a therapeutic, noninvasive but supportive touch can be very healing. In illnesses such as cancer, the body "knows" its illness, the comforts and discomforts. You are never quite the same afterwards as you were before. In a gentle and supportive way, Shiatsu helps to explore and reduce these trapped patterns.