

ACUPRESSURE SHIATSU FOR EVERYONE

Acupressure-Shiatsu is a style of Asian Bodywork Therapy rooted in Traditional Chinese Medicine (TCM). This healing modality focuses on balancing the body's energy or "Qi" in order to restore and/or maintain health and well being. Shiatsu literally means "finger pressure". It is sometimes called "Acupuncture without needles". A key feature of Shiatsu is the use of pressure, which is usually experienced as calm and relaxing even though it works deeply on the body. The typical session runs an hour and takes place on a comfortable futon mat on the floor with the client remaining fully clothed. Nearly everyone can benefit from Acupressure Shiatsu whether your condition is acute or chronic. Some of the most common clinical conditions include: musculoskeletal problems, headaches, respiratory problems, weak immune conditions, gynecological problems, digestive problems, stress, depression or anxiety.

CHAIR ACUPRESSURE

(Seated session with client in adjustable massage chair)

Chair acupressure focuses on:

- Releasing tension in the neck, shoulders, back and hips
- Bringing balance to the body as a whole

The treatment will consist of soothing pressure, percussion, special acupoint combination, as well as gentle stretches.

The length of a session is 30 minutes. People commonly describe a deeply relaxing or energizing experience following a treatment.

Please wear comfortable loose clothing since treatments are received fully clothed.

Come weekly for a series of treatments for the most benefit (7 sessions per series).



ACUPRESSURE SHIATSU FOR EXPECTANT MOTHERS

As a woman's body adapts to the new demands of nourishing and carrying the developing fetus, Acupressure Shiatsu can safely and gently support a healthy pregnancy and help alleviate many discomforts associated with pregnancy such as morning sickness, low back pain, water retention, aching legs and fatigue.

Client remains fully clothed throughout the 60 minutes session on a comfortable futon mat. A body support system is used to further enhance the client's well being.

Acupressure Shiatsu employs many techniques including skillful and sensitive pressure applied to the body as well as gentle stretches.

Individualized session includes an assessment rooted in Traditional Chinese Medicine, the Acupressure shiatsu treatment to help the body maintain or regain a state of health and balance, and finally a review of your case to optimize treatment.

ACUPRESSURE FOR THE FACE

Acupressure treatment for the face focuses on the face, head and neck areas.

Without the use of creams or lotions, firm yet light pressure is applied to specific acupoints to release tension, revitalize blood and stimulate energy flow in the area.

Acupressure can be used as a natural and effective way to enhance the complexion; improve the appearance and the tone of facial tissue; enhance the function of the eyes, ears and nose and promote healthy teeth and gums.

Acupoints located on the face are also used to relieve common problems such as sinus pain, nasal congestion and headache.

Facial muscles benefit greatly from being stimulated and exercised regularly (promotes collagen and elastin fibers growth).

Weekly treatments recommended. -30 minutes-

