

Zen -Shiatsu

Shiatsu improves health generally by relieving stress, calming the nervous system and stimulating the circulatory and immune systems, to awaken your body's own healing powers.

Apart from bringing relief to symptoms, Shiatsu gradually corrects long term postural and behavioural imbalances leading to improved body and mind awareness and a general sense of well-being and peace of mind.

Shiatsu is therapeutic bodywork that originated in Japan, and is based on Traditional Chinese Medicine incorporating principles of anatomy and physiology, and pathology. Pressure is applied to your body's energy channels using fingers, thumbs, palms, elbows and knees, thereby stimulating the body's innate healing ability.

Treatments are individually tailored to each person's needs. It is possible that one treatment may be sufficient to remedy your problem. However in chronic conditions, such as chronic back pain or depression, people may choose initially to have treatments as often as weekly, for 3 – 4 weeks until they feel stronger then reduce the frequency until their goals have been achieved.

To support the treatment and improve your health, suggestions for regular exercise and diet can be provided and a plan worked out together.

Shiatsu is performed on a futon or mat on the floor, with the client fully clothed, preferably in loose comfortable clothing. Initially questions are asked regarding your health. Diagnosis takes 3 forms, looking at your tongue, feeling pulses and palpating the Hara (tummy). The treatment then follows using acupuncture, moxa, or cupping to suit your needs. Most people find Shiatsu to be a deeply relaxing experience, and notice the therapeutic benefits almost immediately.

