

# SHIATSU

Supports the Healing & Growth of Body, Mind & Soul

## What is Shiatsu?

Shiatsu (pro. she-at-su) is a traditional hands-on healing therapy, originally from Japan, that works on the same energy channels (meridians) and pressure point system as acupuncture. Vital life energy (Ki) flowing through the meridians can become blocked due to physical injury and/or emotional and mental stresses, affecting the individual's health in a number of ways.

The Shiatsu practitioner uses their hands, thumbs, fingers, knees and elbows to apply pressure along the meridians of the body, along with gentle joint rotations and stretches, to release the energy blockages that are affecting the individual's healthy function. This stimulates the body's natural ability to heal, improving circulation and boosting the immune system.

Additional benefits include:

- ◇ Deep muscle and tissue relaxation
- ◇ Stress reduction and management
- ◇ Releases toxins from the body
- ◇ Increased flexibility
- ◇ Reduces blood pressure
- ◇ Reduces mental anxieties
- ◇ Balances Ki
- ◇ Calms nervousness
- ◇ Increases mental and spiritual awareness

Shiatsu can help a wide range of conditions including back and neck pain, digestive problems, joint pain and reduced mobility, depression, sports injuries, asthma, insomnia, migraine, menstrual problems and stress. Some aspects of the treatment may cause a little short-lived discomfort or highlight tender areas, often where energy is blocked, but an overall sense of wholeness usually follows.

Shiatsu is deeply relaxing. It works on the individual as a whole - not just a physical body but also on an emotional and mental level, supporting individuals in moving towards a greater sense of health and wellbeing.

A Shiatsu treatment generally lasts one hour. The client lies on a comfortable futon on the floor and remains fully clothed throughout. Loose, comfortable clothing is essential.

## Your practitioner – Annabel Smith

Annabel is currently studying for her MRSS practitioner status with the Shiatsu College in Hastings. She is a member of the Shiatsu Society, the UK's leading professional Shiatsu organization.

Initial consultation  
incl treatment: 1h 15mins £25

Further treatments: 1hr £20

*15% reduction for Platinum members*

For more information or to book an appointment please contact Annabel on:

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