

Healing Intentions

Healing Starts When Intentions Begin

Shiatsu

A full body Shiatsu treatment consists of many varieties of rhythmic and changing stimulations. No oils are used and the client wears loose, comfortable clothes. Many pressure points are applied with the thumbs along the meridians. Other techniques such as compression, softening, joint rotation, percussion and stretching help the body to release tension and to open up as muscles lengthen to their natural state. The body feels the balanced energy and the mind chatter is quiet. The body, mind, heart and soul come into balance.

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Shiatsu is a form of acupressure that was developed in Japan in the early 1900's. Its origin comes from ancient (5000+ years ago) Chinese techniques that are the oldest forms of medical treatment in the Asia.

Shiatsu treatments are for health care and disease prevention. In Japan, it is common for people to receive weekly treatments. Shiatsu works with the meridians, yin/yang theory and the five elements. Shiatsu means "finger pressure". Shiatsu releases stuck energy and increases the flow of purified relaxed energy which then brings the body back into balance. It strives to keep the body in top condition so that symptoms requiring medical attention do not develop.

- Shiatsu

- 60 minute appointment, \$90.00

- 90 minute appointment, \$125.00

- Customize to your needs by combining with other modalities.

- Full body or partial body is available.