



SHIATSU MASSAGE



What is Shiatsu Massage?

- Stimulates & manipulates various pressure points around the body
- A clothed body massage
- At floor level on a futon

Shiatsu is an oriental massage that aids the rebalancing of the physical and energetic body. It works with the meridian system which corresponds to specific organs within the body

Positive results:

- Releases toxins and deep seated tension from the muscles
- Stimulates the circulatory, lymphatic, skeletal and hormonal systems
- Wonderfully relaxing and invigorating

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