

Shiatsu

sara Lee



What is Shiatsu?

Shiatsu is an Asian body work therapy that uses the principles of acupuncture. The practitioner applies gentle pressure with their palms and fingers and uses gentle stretches to release energy pathways in the body. The therapy takes place through clothing and without the use of massage oils or lotions.

What are the potential benefits?

Shiatsu has been shown to help reduce stress, deep seated tension, stimulating the circulation, hormonal and lymphatic systems, promoting relaxation, generating energy, easing aches and pains and helping to create a general feeling of wellbeing in mind. Often people undergoing chemotherapy find the sessions help reduce the heavy or 'foggy' feeling associated with some drugs.

What happens during a Shiatsu treatment?

At your first appointment you will be asked questions about your health and general wellbeing to help determine the focus of the therapy. A standard treatment will begin with the recipient lying down on a mat or massage couch, or seated in a comfortable chair. The practitioner applies gentle pressure with their palms and fingers along the meridians (energy lines) which flow throughout the body and uses gentle stretches to release blocks in the flow of energy (Qi).

Where will this take place?

Appointments can be arranged at our Sara Lee therapy rooms at St Michael's Hospice. We also see people on the wards of St Michael's Hospice and local hospitals, and we provide a home visit service for those unable to travel to us for their therapy.

How long does a session last, how many will I have, and how often will they take place?

Shiatsu sessions last up to 50 minutes. We are currently able to offer a block of six sessions for patients and three for family members or carers.

How will I feel afterwards and what should I do?

After a treatment you may feel very relaxed and sleepy. Sometimes people feel energised and want to use their energy. If you feel tired it's best to have a sleep. If you feel energised take care not to overdo it! You may feel thirstier than usual and it may help to have a glass of water to drink. It is recommended that you avoid alcohol on the day of the treatment.

Therapist qualifications

Sara Lee Trust therapists are fully trained and experienced, and belong to an appropriate regulatory body. They undertake ongoing training and are fully insured.

Complementary therapies, including shiatsu, should not be regarded as an alternative to medical treatment prescribed by your doctor.



Further Information on The Sara Lee Trust Services

Who we are and what we do

The Trust was established in 1996, in memory of Sara Lee, who lived locally and died from cancer, aged 32. Today the Trust continues to provide essential care and services to people in Hastings and Rother affected by cancer and other life-threatening illnesses, including family members and carers.

We provide, free of charge, counselling, complementary therapies and group activities. The Trust delivers over 80 hours of therapy care per week to local people, including patients of St Michael's Hospice and The Rye, Winchelsea and District Memorial Hospital where we have treatment rooms and provide care on the wards. We also provide therapy in the community by visiting patients in their own homes, and from July 2017 our Therapy Centre in Sidley, Bexhill will be operational.

To be referred for our services

Please speak to a health professional responsible for your care (e.g. nurse specialist, GP or consultant). They will need to complete a referral form, which can be downloaded from our website (see below for details).

To find out more about our services, or if you have any comments or suggestions to make about the Sara Lee Trust, contact us at:

The Sara Lee Trust
25 Upper Maze Hill
St Leonards on Sea
East Sussex
TN38 0LB

Tel: 01424 456608
Email: info@saraleetrust.org
Website: www.saraleetrust.org

Registered Charity Number 1055048

