



Shiatsu

What is Shiatsu?

Shiatsu is an Asian body work therapy that uses the principles of acupressure. 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).

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

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.

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