

***"Because everyone deserves to be healthy!"***

## SHIATSU

Shiatsu is a Japanese form of massage, a pill free method to relieve pain and stress and is also great for prevention. It combines the Western chiropractic approach with the traditional Chinese concept of chi, energy flowing through specific pathways in the body called meridians.

Unlike other forms of massage that concentrate on a single injured or painful body part, Shiatsu exploits links that exist throughout the entire body. If you have whiplash from a car accident it is not just your neck that is affected, it's your shoulders, it's your spine, it's your WHOLE body!

Shiatsu requires NO undressing, loose fitting comfortable clothing is recommended, socks are required, and all jewelry and watches must be removed during treatment.

Contact us today to see we may help you through Shiatsu massage.

