

Bonne Santé

Therapy Centre

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SHIATSU

Like Acupuncture, shiatsu is based on Traditional Chinese Medicine, one of the oldest medicines in the world. Chinese medicine offers a profoundly wise understanding of the causes of disease (emotions, environment and diet).

It has studied the interconnections between mind and body as reflected in the meridian system for over 3000 years. Shiatsu uses the same knowledge of meridians and acupoints as acupuncture but uses nurturing touch instead of needles. Shiatsu is a meridian-based therapy and thus helps you make sense of your symptoms.

Shiatsu is not just about rubbing away muscular tension, it treats the meridians on which your tensions and weaknesses are situated. This helps you understand which aspects of your life are imbalanced and causing your symptoms. Each treatment is tailor made and seeks to address both tensions and weaknesses.

Shiatsu applies slow nurturing pressures on your weaker meridians in order to strengthen them. Areas of tension are dispersed with dynamic pressures, massage techniques and stretches. The proportion of slow and dynamic work varies according to your constitution and present needs. The chosen meridians may differ from one session to another as your energy repartition is constantly shifting. However the same ones often come back revealing more long-term patterns.

Shiatsu is a full body treatment. Most sessions involve work on the back, legs, arms, torso and neck, and will concentrate on the areas that need attention. Shiatsu is performed through the clothes in order to produce deeper effects. As the brain does not get distracted by skin sensations, it records the pressures on a much deeper level.

All manipulations are very gentle, which makes it a very safe form of therapy. They include liberating stretches, muscle release techniques like in sport massage, rocking and joint rotations.

A Centre of Excellence for Complementary and Alternative Therapies and Beauty Treatments in Comfortable and Relaxing Surroundings for Male and Female Clients