

Training & Licensing

One particular style of Shiatsu has been fully incorporated into the health-care system of Japan and has been regulated as a licensed medical therapy by the Japanese Ministry of Health & Welfare since 1964.

In absence of formal recognition in the west, independent governing bodies have developed their own standards and certifications (some based upon the licensed Japanese model). This provides the public with a point of reference when seeking advice on Shiatsu treatment.

It is now commonplace for Shiatsu practitioners to have surpassed 2000 hours of training before they are granted certification to practice.

Please check that your Shiatsu practitioner has been provided with certification from a recognized Shiatsu association.

Please refer to the section titled “Many Styles” and talk to your practitioner regarding the particular style that they use.

Benefits

Shiatsu therapy can be effective in the relief of many acute and chronic conditions including:

- headaches/migraines
- back pain
- neck and shoulder pain
- sciatica
- whiplash
- repetitive strain injuries
- muscle tension and spasm
- insomnia
- anxiety and depression
- sports injuries



Experience the
traditional Japanese
massage therapy -
Shiatsu



Jasmin Jameson
Mobile Therapist

Call for an appointment
Phone: 123-123-1234

Please note that Shiatsu should not be used as a replacement for proven conventional care or to postpone seeing a doctor about a medical condition.

What is Shiatsu?

'shi'=finger 'atsu'=pressure

Shiatsu is a non-invasive type of massage therapy originating in Japan. Shiatsu focuses on the application of pressure to specific Shiatsu points on the body.

Although the basic application of Shiatsu applies pressure using the fingers and thumbs, some methods also use the palms of the hands, elbows and knees.

Shiatsu can help to improve the function of your muscles and joints, strengthen your body and improve your overall health and well-being.

Regular treatment can help you to develop a natural awareness of minor imbalances in your body. These problems can be addressed before they become major health concerns.

People of all ages can experience beneficial and lasting results from Shiatsu treatment.

A typical treatment

A Shiatsu massage session will normally range between thirty and sixty minutes. Your Shiatsu massage is applied on a low massage table, on a massage chair or on a padded mat or futon on the floor.

You remain clothed throughout a Shiatsu session. Please bring or wear loose and comfortable clothing as some gentle stretching is a part of the therapy.

A Shiatsu massage begins with gentle stretching and manipulation of the skin to allow the stimulation of energy and relax the muscles.

The amount of pressure and tempo applied will vary as appropriate for each individual.

Please do not eat heavily in the two hours prior to treatment and avoid alcohol before and after treatment. If possible avoid strenuous or stressful activities after your session.

Many Styles

Shiatsu is a distinct Japanese form of treatment described in the west as a type of hand massage treatment, however the evolution of Shiatsu has resulted in a variety of approaches.

There are two main strands of Shiatsu; that which follows the more conventional approach as adopted by the Japanese Ministry of Health & Welfare and that which has ties with Traditional Chinese Medicine (TCM) involving invisible energy channels called Qi (or 'Chi').

The Tokujiro Namikoshi style of Shiatsu reflects the western influence of the study of anatomy and physiology. Other styles of Shiatsu such as Meridian Shiatsu, Tao Shiatsu, Masunaga (Zen) Shiatsu and others are linked to the ancient principles of TCM.

For more information on the various styles of Shiatsu and other complementary health-care therapies, please visit the section titled "Public Information" at www.4holistichealth.net.