

## SHIATSU Rosana Ioris-Dear

Shiatsu is a Japanese massage which literally means thumb and finger pressure. It affects the same points and meridians worked on in Acupuncture. Shiatsu sessions bring about deep relaxation and can be experienced as profoundly calming and peaceful. A Shiatsu practitioner will use a variety of techniques, including gentle holding and applying pressure with hands, thumbs, elbows and knees. The massage takes place on a futon (padded mat) and the client stays fully clothed - it is recommended to wear loose, warm, comfortable clothing.

Shiatsu can help with a number of complaints, including:

- Stress
- Anxiety
- Disturbed sleep
- Neck/ back/ joint pain
- Reduced mobility
- Stiffness
- Muscular tension
- Headaches/ migraine
- Digestive problems
- Irritable bowel
- Menstruation and reproductive disorders
- Asthmatic symptoms
- Sports injuries
- Depression

Rosana Ioris-Dear fully qualified with the Kikai Shiatsu Centre and is a Member of the Shiatsu Society.

[www.goshiatsu.co.uk](http://www.goshiatsu.co.uk)