

For Further Information

- For Shiatsu treatments

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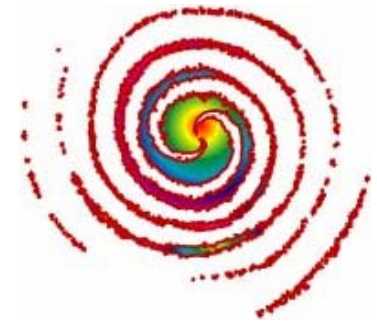
Olga is Nationally Certified, South Carolina Licensed Shiatsu & Massage Therapist, and Reiki Master.

SC License #3436.



Shiatsu

... a holistic health practice



SHIATSU

What is Shiatsu?

Shiatsu (*pronounced 'Shee-AH-tzoo'*) is an ancient Oriental diagnostic and healing art. It gets its name from the Japanese word 'shi', meaning finger; and 'atsu', meaning pressure. The therapist uses the pressure of the fingers, thumbs, palms, elbows or even knees to remove energy blockages which can cause physical or psychological problems. This promotes energy flow throughout the body. Shiatsu is often referred to as "acupuncture without needles". Also a variety of pounding, friction, stretching and rocking techniques are used in the Shiatsu treatment.

How does Shiatsu work?

Shiatsu treats the body as a complete energy system instead of only treating symptoms. Its object is to correct energy imbalances and in the process make the body strong, healthy and resistant to disease.

The body's energy flow through 12 pathways called meridians. Ten of these meridians are directly related to the internal organs. Energy can be blocked along the meridians at points called "tsubo" or acupressure points. Shiatsu serves to remove these blockages, restore the flow and balance of energy to help you feel your best.

Prevent illness with Shiatsu

Symptoms of illness tell you that the body's energy flow is interrupted. This energy imbalance can be indicated by pain, fatigue, muscular stiffness, dryness or discoloration of the skin, a decrease in vitality or even serious illness and multi-organ failure.

By stimulating the body's multiple energy systems and re-establishing balance, even before symptoms appear, Shiatsu can strengthen the body and prevent many illnesses.

Shiatsu may decrease the effects of stress on your body. It can help to restore a healthy state of balance. The body can work at healing itself and attain homeostasis. Relief of pain, stimulation of the lymphatic and blood systems and increased relaxation are just a few of the benefits.

Relax with Shiatsu

The practitioner first obtains your health history and analyzes your condition through Oriental diagnosis. This is how he or she determines the most suitable treatment for you. Treatment involves firm but gentle application of pressure to remove energy blockages.

During treatment you are fully clothed.

Always come to your treatment wearing loose, comfortable clothing, preferably made of cotton. You will be more comfortable and this will allow the therapist to do the best work for you.

Change your life with Shiatsu

If your present lifestyle is responsible for physical or psychological problems, you must be willing to make some changes. Shiatsu can make it easier for you to make the changes by giving you a new insight into the causes and correction of your condition. Shiatsu can help restore a sense of well-being.

A Shiatsu practitioner is well qualified to guide you on your path toward better health.

Each session lasts from one to one-and-a-half hours, and the number and frequency of treatments will vary from person to person. You will find each treatment to be immediately relaxing.

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