



The Shiatsu Clinic

Who is Shiatsu for?

Office workers

Sitting all day gazing at a computer screen tends to create a great deal of tension in the neck, shoulders and back. This can lead to stiffness and painful conditions such as occupational overuse syndrome. Shiatsu can help to relieve pain and tension, as well as the stress of the workplace.

Senior citizens

Clients stay fully clothed for Shiatsu, which for many is a real plus. Besides, Shiatsu is a gentle therapy and the practitioner varies the amount of pressure applied to suit each individual. Clients report considerable relief from aches and pains - some that they thought they were stuck with, as well as a brighter mood and sense of well-being. Many are surprised at the improvement in their general state of health and say they wish they had known about Shiatsu earlier.

Sportspeople

Injuries are a common problem for sportsmen and women, and sometimes they just don't heal quickly enough. Shiatsu can get you back on the rugby field, the netball court or the golf course faster. Clients say that regular Shiatsu sessions help with recovery times and energy levels whilst training for an event, as well as helping to prevent injury.