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Some cancer patients use therapeutic massage to reduce symptoms, improve coping, and enhance quality of life. Although a meta-analysis concludes that massage can confer short-term benefits in terms of psychological wellbeing and reduction of some symptoms, additional validated randomized controlled studies are necessary to determine specific indications for various types of therapeutic massage.

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This therapeutic foot massage came to us from ancient Egypt reflexology. It was founded on the basis that each foot area reflexes the state of the corresponding particular body area including glands, organs, and systems. Applying pressure to specific

dots helps to reduce stress, revitalize and restore the body balance in whole. Shiatsu

Zen shiatsu techniques involve pressure from the hands, knees, fists, elbows, and palms and focuses mostly on acupressure points, which is more therapeutic than relaxing. It's perfect if you're looking for a deeper and more active massage rather than something luxurious and relaxing.

Shiatsu is an ancient form of oriental massage that relieves stress, balances energy, and helps with healing physical ailments. Learn what the health benefits of shiatsu can do for you.

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In the U.S., Shiatsu is often considered a subset of either massage therapy or acupuncture, and thus, the main research grants

for therapeutic bodywork have been focused on massage and other energy therapies.

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Shiatsu is a type of massage therapy that was primarily developed in Japan. With its name derived from the Japanese term for "finger pressure," it involves applying pressure to specific points on the body, moving from one point to another in a rhythmic sequence.

What You Can Expect From a Shiatsu Massage

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Shiatsu massage therapy uses techniques similar to those found in other treatment methods such as osteopathy, lymphatic drainage and physiotherapy. However, Shiatsu practitioners attribute physical health conditions and dis-

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What is shiatsu? In this blog, I will explore what shiatsu is, how it works and what a shiatsu session involves. If you would like to see a shiatsu practitioner you can visit our find a practitioner page. Even though this is a list of practitioners who

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Shiatsu massage. Shiatsu is a massage therapy technique practiced with soft and strong pressures on the reflex points of the body. The therapist mainly exert pressure with his thumbs and fingers—hence its name shiatsu, which means "finger pressure" in Japanese—but also with his or her palms, elbows and sometimes feet.

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