



A Remedy For Your Body, Mind & Spirit

SHIATSU



NEW @ Nature's Remedy

Shiatsu, or “finger pressure”, originated in China thousands of years ago and was refined in Japan. It involves using pressure along energy meridians throughout the body. This pressure is applied using the palms, thumbs, forearms, elbows, knees and feet. The goal is to balance the receivers ki (pronounced chee), or vital life energy. Areas of ki deficiency or ki excess are brought into harmony. Shiatsu also involves gentle stretching, which opens up the energy meridians for further work. After a session many receiver feel relaxed yet energized.

Benefits of Shiatsu include:

- **reduced stress**
- **reduced fatigue**
- **increased circulation of blood and lymph, and**
- **increased muscle flexibility.**

Shiatsu is meant to be experienced!

**Appointment Necessary! Please call 973-628-2924
One Hour Shiatsu Treatment - \$85.00**