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Shiatsu is an ancient form of massage based on Chinese acupuncture theory that often includes the use of breathing and stretching. Shiatsu can be done through the clothes or on bare skin and uses static pressure, which can vary from light holding to deep physical pressure applied with the palm of the hand or thumb.

Shiatsu - an overview | ScienceDirect Topics

Shiatsu (/ʃiˈætʃuː-ˈɑːtsuː / shee-AT-, -AHT-soo; 指圧) is a form of Japanese bodywork based on concepts in traditional Chinese medicine. Shiatsu derives from a Japanese massage modality called anma. There is insufficient evidence that shiatsu is an effective medical treatment.

Shiatsu - Wikipedia

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Working on a holistic level, this therapy addresses emotional, spiritual and physical aspects of health. The word shiatsu means 'finger pressure' in Japanese. The practice uses comfortable pressure, touch and manipulative techniques. This balances energy flow and adjusts elements of the body's physical structure.

Shiatsu | Shiatsu Massage - Therapy Directory

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