

# WHAT TO EXPECT

## Orientation

- ❖ All clients should complete the intake form and sign the client agreements prior to the first appointment, or arrive 15 minutes early to complete this paperwork.
- ❖ Please bring proper payment with you for your session, as we cannot offer client billing. Credit Card (MC/V/D/AX), cheque, and cash are acceptable.
- ❖ Shiatsu is performed on a futon-style mat on the floor and involves acupressure and stretching, in ways that are not always possible on a massage table.
- ❖ Your therapist has fifteen years of experience in non-traditional energetic therapies other than Shiatsu.
- ❖ If you are preparing for an in-home session, clear a quiet space on the floor about 8ft x 10ft, remove pets, distractions, and interruptions (such as telephone ringers and children).

## Before/During Treatment

- ❖ It is ideal that you do not eat within an hour before your treatment.
- ❖ Please wear/bring loose, comfortable clothes, and remove shoes and belts please.
- ❖ All complimentary medicine has a cumulative effect. It may take several sessions for you to notice significant changes. Please be patient, as your symptoms probably did not develop overnight either.
- ❖ Please respect other clients' rights to receive a peaceful treatment and keep conversation in the treatment room to a minimum.
- ❖ An effective treatment can take as little as twenty minutes. Most sessions typically last one hour, including assessment with the therapist.
- ❖ A treatment consists of first talking with the therapist about your symptoms and health concerns. They will take your pulses as part of the assessment and may also look at your tongue, palpate your back or abdomen, or employ other non-invasive assessment techniques.
- ❖ Treatments can be adjusted for your comfort if the pressure is too hard or too soft! Your Shiatsu therapist can even uniquely provide treatment hands-off if requested, as well as other related therapies as needed (such as cupping, Gua Sha, moxabustion, reiki, etc.).

## What is Shiatsu Therapy?

- Shiatsu is a style of traditional Japanese bodywork based on the same energetic system as acupuncture to treat discomfort and illness. It comes from the Japanese words meaning "finger" and "pressure" or "to heal with the touch."
- Shiatsu can be used to treat stress, muscle aches and pains, headache, digestive problems, and many other conditions as an adjunct therapy.
- Each treatment is complete in and of itself, but a series of consecutive treatments works cumulatively to make profound changes. Sessions traditionally last one hour, but an effective treatment can be done in far less time.
- Before your treatment, the Shiatsu practitioner will interview you to learn your goals for the session, and to gain an understanding of your current condition. It is important to let them know if you have any ulceration, bruises, or skin conditions, to prevent injury, since these will not be apparent through your clothing.