

European Shiatsu Week - Shiatsu awareness promotions in Cardiff city centre, 16-21 September 2019

Shiatsu Week will aim to promote the benefits and uses of the ancient Japanese Acupressure therapy. City Marshall, an award winning Shiatsu therapy clinic, will take part in this European initiative by offering a 20% discount on all Shiatsu bookings



Cardiff, Sep 12, 2019 ([issuewire.com](http://www.issuewire.com)) - Shiatsu is an ancient Japanese holistic therapy which translates as 'thumb-pressure'. This refers to the use of pressure points, along designated energy

channels (Meridians). Shiatsu uses identical charts to those in acupuncture, but unlike acupuncture, Shiatsu does not use needles. Instead, Shiatsu uses thumb, wrist and elbow pressure, depending on the muscle size and need.

You can view a Shiatsu short video demonstration here –

<https://www.youtube.com/watch?v=hqt3SfmMYnY>

Why have Shiatsu? You do not need to be ill to benefit from Shiatsu. There is a wide body of clinical research and evidence to support having a regular (monthly) Shiatsu session to best promote and maintain well-being and good health.

The Shiatsu treatment is often performed on a futon or at ground level, to best utilize the practitioner's body weight to apply good and intense pressure, when needed. The Shiatsu treatment is non invasive and the recipient remains fully clothed (preferably in light – karate type – cotton clothing).

Reported benefits include release of muscular tension (Fibromyalgia, RSI, Osteoarthritis, Rheumatoid Arthritis Back pain, Neck pain & Sciatica), promoting hormonal balance (Impotence, Fertility, IVF enhancement, Frigidity, PMS, Menopausal and Menstruation issues). Other conditions successfully addressed include pain and anxiety reduction, easing depression and helping sleeplessness (Insomnia). See the City Marshall web site for more detailed information and detailed research -
<http://www.citymarshall.co.uk/japaneseshiatsumassage.html>

City Marshall, is an award winning practice in the heart of Cardiff city centre. Throughout the European Shiatsu Awareness Week, City Marshall will be offering all its new and existing clients a 20% reduction on all Shiatsu treatments booked that week.



Media Contact

City Marshall Sports Massage Shiatsu & Reflexology

ephil@email.com

07502104339

Quaker Meeting House 43, Charles Street CARDIFF CITY CENTRE

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See on IssueWire : <https://www.issuewire.com/european-shiatsu-week-shiatsu-awareness-promotions-in-cardiff-city-centre-16-21-september-2019-1644428746011855>