

FAQ

Q. How often do I need to have Seated Acupressure Massage?

A : It is totally safe to have Seated Acupressure Massage daily, however not always practical! Typically clients will have weekly treatments to help relieve particular conditions. Once they feel that their body is balanced, they might move to fortnightly then three-weekly or monthly for 'maintenance' treatments or purely for relaxation.

Other clients have Seated Acupressure Massage on an ad-hoc basis as a treat. It is also very popular in the workplace to help with stress and tension. Often employees return to work refreshed and raring to go. If you have an acute condition, it would be wise to have Seated Acupressure Massage as regularly as possible until the symptoms are alleviated, then revert to a maintenance programme.

Q. What should I wear for Seated Acupressure Massage?

A : Anything. Seated Acupressure Massage can be given in the workplace, so even if you have a suit on it doesn't matter, although for comfort and to give better access to the back muscles, we would ask you to remove your jacket.

Recommendations

Do not eat a heavy meal within
2/3 hours of a treatment

Do eat something light such as a sandwich
directly, or within 2 hours before

Painkillers can mask the signs of pain
so you may wish to avoid taking
them before a treatment

Do not drink alcohol

Contact Details

Call Lucia today to book an appointment

Mobile: 07790 385 697

Lucia@RenewHolisticTherapies.co.uk

www.RenewHolisticTherapies.co.uk

Location

I am a mobile Therapist however at times
I might be located at a clinic.

Please call me, e-mail me or check my
website to find out where I will be based.

Methods of Payment

Methods of payment accepted:

Cash, On-line or Direct Bank Transfers

Cancellation Policy

*** 24 hours notice is REQUIRED ***

If a cancellation is made less the 24 hrs
a **25% Charge** of the treatment value
will be made or retained

Gift Vouchers

Gift Vouchers Available



Please ask me for more
details or to purchase
vouchers.

You can also purchase
vouchers online.

www.ReNewHolisticTherapies.co.uk

Seated Acupressure Massage



Seated Acupressure Massage

(On-Site Chair Massage or Office Massage)

This practice was brought to the UK in 1989 from the USA. It is based on Japan's 1,500 year old ancient principles which were passed down through generations from family to family and from healer to healer.

It is a hybrid technique merging the Ancient Oriental Massage arts of *Anma and Shiatsu*.



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Anma is Japanese for 'Press and Rub' and works specifically on over 100 stress release points (acupressure points) of the head, neck, shoulders, back, arms and hands.

It improves the flow of energy throughout the body as well as acting on the muscular, nervous and circulatory systems to relax tense muscles and increase blood circulation.

The Chinese believe that the vital life 'Chi' circulates through the body along meridians which are similar to the blood, nerve and lymphatic circuits.

This vital life force controls the workings for all the systems of the body and in a truly healthy person, will permeate all the cells. For each organ to maintain a state of perfect health, the Chi must be able to flow freely along the meridians.

This awareness was developed together with the evolution of acupuncture which then brought forth the awareness of the pressure points; which were more sensitive when a body organ or function was impaired and that they run a definite path, (**meridian**) to the particular organ or function.

In this therapy we use thumb, finger, elbow and knuckle pressure based on the Meridian Lines, to help stimulate many of the Acupressure Points on the 12 meridians which are accessible on the back, arms, hands, neck, head and legs.

What happens in a Session ?

Unlike acupuncture, Seated Acupressure Massage does not use needles. Instead, a therapist will use his or her hands to stimulate the energy points which can be found all along the meridians, or energy lines, of the body.

A specific sequence of movements is used, specifically designed to improve the flow of energy throughout the body and to balance and strengthen the body's muscular, circulatory and nervous systems.

Generally, this is a 20 minute treatment given to clients in a specially designed chair, either in the therapy room or workplace. It is totally non invasive and involves NO removal of clothes or use of oils, making it ideal for those who have never received a massage or have personal privacy issues.

Due to the short nature of the massage, it means that many people have time to receive a massage on their lunch hour from work.



What are the Benefits ?

Seated Acupressure Massage can help with many conditions such as:

Back/Neck/Shoulder Pain, Sciatica, Stiff Joints

Repetitive Strain Injury, Arthritis, Stress

Mood Swings, Depression, Anxiety

Insomnia, Irregular/Painful Periods

Premenstrual Tension, Fluid Retention

Tinnitus, Headaches, Migraines, Sinusitis

High/Low Blood Pressure, Diabetes

Heartburn, Asthma, Hay Fever, Eczema

Fatigue, Acne, Irritable Bowel Syndrome

Constipation, Indigestion

Who is It For ?

Seated Acupressure Massage is not suitable for pregnant ladies, so therefore anyone trying to conceive should also refrain from this treatment.

It is also not suitable to treat acute muscular-skeletal conditions, severe cases of Osteoporosis, Epilepsy (unless it is under control) and anyone with thrombosis.

