



El Aephau

Massage Therapy

MODALITIES

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Five-element Shiatsu

Five Element Shiatsu is a gentle, non-invasive, tonifying massage modality that focuses on applying pressure to specific points along organ pathways or channels in the body based on the Five Chinese Elements for Yin and Yang. It is similar to acupuncture, but without the use of needles and the recipient remains fully clothed throughout the session. It also incorporates gentle assisted stretches to open up tight areas and improve blood and fluid circulation as well as joint mobility.

With roots in Traditional Chinese Medicine, Five Element Shiatsu is based on the premise that the body and person are one whole. Nothing can be isolated, removed or treated without affecting the balance of the whole. Instead of focusing on one particular area or issue, the Five Element Shiatsu practitioner looks for patterns of symptoms by doing a thorough diagnosis which includes having the client fill out a detailed intake form before the session.

In the principle of Shiatsu, to stay healthy, we must adapt to the continual changes that take place within our body. Otherwise, disharmony and *dis-ease* can manifest. By examining the pattern of symptoms, we can determine the source of the imbalance and work to re-establish the natural harmony of the body.



The purpose of Five Element Style Shiatsu massage is to relieve tension and restore balance to the body and mind by promoting a smooth flow of the elements of Fire, Earth, Metal, Water and Wood within us... the same elements that make up the universe around us.

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