



Zen-Touch™ is an innovative hybrid of shiatsu, acupressure, and Asian/Eastern bodywork.

Practitioners apply pressure while stretching limbs gradually. The attitude of compassion, respect and “energetic empathy” that accompanies the work, serves to stimulate “chi” flow, circulation and vitality.

Every touch combines health assessment and therapy as the practitioner sensitively responds to the unique condition of each client..... A dual journey in healing for both client and practitioner.

The versatility of light energy balancing, deep holding, stretching, elbow, foot and knee techniques or stimulating hand movements provide the practitioner with a vast repertoire of methods to affect profound changes with clients. Zen-Touch™ affects the subconscious.

Each session is a flowing and spontaneous improvised journey into the healing realm that resides beneath our conscious awareness. Zen-Touch™ practitioners feel each person's unique expression of "Chi" flow and support it's natural movement towards health and healing. A meeting of Technique, Eastern Knowledge and Intuition- "An Immersion into the Tao".

What can I expect?

Each clients situation, symptoms and conditions are unique. We honor this and we work with you to harness the natural healing power of the body.

Each session is once again unique but in general the first session lasts about 90 minutes and follow up sessions should they be required last about 60 minutes.

Dress in comfortable clothing which allows for ease movement each session is conducted fully clothed unless working in the water, when a swimsuit is best.

How many sessions will be required?

As each client and condition is unique we will advice you on this as we progress:

In general the longer the condition has not been properly treated, the more chronic it is the more sessions will be required. Our aim is to help facilitate relief in as few sessions as possible.

How does a session cost?

Please see our prices page.