

## Shiatsu

Shiatsu is a form of Japanese massage which involves applying pressure to various points on the body. The therapist will often use their elbows, knees, fingers or feet during the session.

### What is Shiatsu?

Shiatsu aims to support and strengthen the body's natural ability to heal and balance itself. It is a holistic therapy and incorporates the physical, psychological, emotional and spiritual aspects of being. The aim of Shiatsu is to restore the 'chi' (energy) in the body; to release tension, aid healing and promote health.

There is no current evidence that Shiatsu is an effective medical treatment, however the therapy may be used to help:

- Improve energy levels
- Relieves tension and stress
- Deeply relaxing
- Helps aid sleep

Shiatsu is not recommended by [NICE](#) and should not be used in cases of cancer, heart disease, epilepsy, osteoporosis or fractures.

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### Are there any side effects of Shiatsu?

Shiatsu is a safe therapy but some people may experience mild side effects after a session, such as headaches or muscle stiffness. This should only last for a few hours. If these symptoms continue, you should contact your GP for advice.

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### How can I find a Shiatsu Practitioner?

There is currently no professional body that monitors Shiatsu therapists. To find a practitioner, visit the [Shiatsu Society Website](#).

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## Useful Organisations

## Shiatsu Society UK

**Email:** [office@shiatsusociety.org](mailto:office@shiatsusociety.org)

**Website:** [www.shiatsusociety.org](http://www.shiatsusociety.org)

**Telephone:** 01788 547 900

**Address:** 20 - 22 Wenlock Road, N1 7GU

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