

# Shiatsu Therapy

By Dionne Hemsley, Dipl ST



*Shiatsu is Japanese massage that incorporates acupressure and deep tissue massage. As pressure is applied, your muscle tightness will release and your body will become more aligned and grounded. In addition, shiatsu can help with digestive complaints, hormonal imbalances, respiratory complaints and many more benefits! For more information on shiatsu go to: [www.balanceshiatsu.com](http://www.balanceshiatsu.com)*

Call 403.209.2225 to book an appointment at Back & Body Health, 4018-16th St SW, Calgary, Alberta

\*coupon must be redeemed at time of first appointment - one coupon per patient

**\$50!**

1 hr treatment only  
with coupon\*