

Meridian Massage - shiatsu with oil

A unique combination of Shiatsu techniques with oil massage.

Have you ever wished you could find a seamless way of combining the transformative structure and methods of Shiatsu with the flowing, rhythmic and fragrant possibilities of oil massage? Look no further.

In the mid-90's I developed a routine for oil massage of the meridians and points which I taught for some years at Gabriel Mojay's Aromatherapy School in London, and which is still taught there as "acupressure massage". I then taught it for a further few years at the Clare Maxwell-Hudson massage school.

Aromatherapists, beauty therapists and masseuses will find that these techniques add immeasurably to the power of their practice.

The five-day course covers

- the twelve main meridians
- 30 of the most common points
- Ampuku (Hara massage)
- application of the principles of kyo and jitsu
- a complete massage routine for the whole body

More specialised courses are Acupressure Massage for the Face and Dealing with Back Problems.

To find out when the next Meridian Massage course is, click on Forthcoming Events on the home page.

To find out about receiving a Meridian Massage with fragrant oils, click on Treatments- Relaxing