

WATSU®

Watsu® combines Shiatsu, Massage, Stretching (Thai), Joint Manipulation and more while floating in warm water

60 Minutes - \$135

90 Minutes - \$180



Watsu combines shiatsu, massage, stretching, Thai, joint manipulation and more while floating in warm water (96 degrees) to melt tension and restore peaceful relaxation. In water, the spine moves freely as the body is suspended in gravity, enhancing the benefits of applied bodywork. The relaxation of stress and tension in the spine and musculature improves tone and functioning of the body and organs. Coordinating the rhythmic movements with the breath restores a deep meditative state of peace. Bask in the warmth of water floating and stretching - Fluid moves of Shiatsu. All therapists are WABA Certified.

Benefits: Increased relaxation, Reduced pain & muscle tension, Increased joint mobility, Enhanced immune system response, Improved blood and lymphatic flow, Increased flow of oxygen & nutrients to cells, Improved sleep.

Contraindications: Severe cardiovascular disorder, spinal disc herniation, fever, inflammatory conditions, open wounds, eye or ear infections, perforated eardrum, infectious diseases.



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