

- ♦ Shiatsu
- ♦ Tui-na Massage
- ♦ Thai Massage
- ♦ Remedial & Relaxation
  - ♦ Reiki
  - ♦ Moxabustion
  - ♦ Cupping
  - ♦ Ear Candling
- ♦ Detoxifying foot spa
- ♦ Thai foot massage
- ♦ Pregnancy Massage

EFTPOS facilities available  
*Health Care rebates may apply*

**Gifts lines**

Gorgeous Dragonfly &  
 Butterfly crystal sun-catchers  
 Salt City & Conscious  
 Soy candles  
 Gift vouchers available  
 Hand made natural soaps  
 Earthmade Jewellery

**Pricing**

Thai / Shiatsu 90 minutes	\$110.00
Thai massage 60 minutes	\$75.00
Thai & Shiatsu combined 60 minutes	\$75.00
Detoxifying foot spa, ear candling and 20 minute therapeutic neck and shoulder massage	\$75.00
Shiatsu/Remedial/Relaxation 45 min Massage (all styles)	\$75.00 \$60.00
30 min Massage (all styles)	\$45.00
Ear Candling 30 minutes includes candles	\$40.00
Ionic Detoxifying foot spa 30 min	\$40.00
30 min Thai foot massage	\$40.00
Cupping & Moxabustion 30 min	\$45.00
20 minute therapeutic neck shoulder massage (on the massage chair)	\$25.00

*Please note: Appointments after 6pm and Sundays  
 will incur a 20% surcharge*

**OPENING HOURS**

Monday 11.30 till 5 pm

Tuesday—Friday 10.am till 5.30 pm

Saturday 10 am till 3pm



**Shiatsu  
 Healing**

**Therapeutic Massage**

**91 Trinity Beach Road**

**Trinity Beach 4879**

**Open Monday to Saturday**

**Julie Cooper**

**For appointments 4057 7598**

**After hours**

**Julie's mobile 0418 418 646**

**[www.cairnsshatsu.com](http://www.cairnsshatsu.com)**

**FOR SPECIAL OFFERS LIKE US ON FACEBOOK @ SHIATSU HEALING**

# Shiatsu and Oriental Therapies

## *What is Shiatsu?*

**Shiatsu** comes from the ancient Japanese traditions of Massage and Traditional Chinese Medicine. Shiatsu works with the energy of both the giver and the receiver known as "Chi" in Japanese. Chi flows around the body in pathways called meridians. When the smooth flow of Chi is disturbed, the energy becomes blocked in parts of the body, and it is this imbalance of energy that causes illness, pain and discomfort.



**Thai Massage** stimulates these same points with healing touch. Therefore, the points suffer less stress, and life energy, or Chi, is allowed to freely circulate. Thai Massage also includes beautiful stretches to invigorate and energise the body. Yoga for you without the effort!

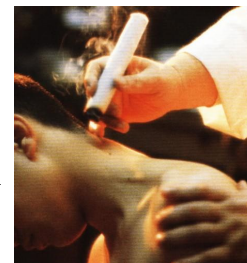
Thai stretches



Ear Candling



Moxibustion



Detoxifying foot spa



**Cupping** is an ancient Chinese method of causing local congestion. A partial vacuum is created in cups placed on the skin either by means of heat or suction. This draws up the underlying tissues. When the cup is left in place on the skin for a few minutes, blood stasis is formed and localized healing takes place.



**Moxibustion therapy** is a traditional Chinese medicine treatment that assists in dispelling cold and damp from the body. It is useful in helping with a wide range of conditions, including aches and pains, colds and flu, and even poor digestion.

Only by being truly self aware and pro-active in your health and well being can you truly be at peace...