

Shiatsu / Shin Tai / Craniosacral

Restoring alignment naturally

www.rachelboase.co.uk

07747 014102 / shiatsu@boasemail.co.uk



Enjoy a relaxing and invigorating whole body treatment designed just for you during your stay at **The Beckford Arms**. Request a session in your room or visit Rachel's beautiful healing space just 5 minutes drive away.

Safe help for recent injuries, knee pain, frozen shoulder, tennis elbow

Effective help with any aches and pains, sciatica, back pain, joint stiffness

Gentle help for pregnancy, fertility, headaches, neck discomfort

Rachel uses a combinations of therapeutic approaches to read the story of the body and identify the priorities for healing. Fully qualified since 1993 her training is in Shiatsu, Biodynamic Craniosacral therapy, Shiatsu Shin Tai, Macrobiotics and oriental medicine. She is registered with the Craniosacral Therapy Association and The Shiatsu Society UK.

Sessions help improve immune response and promote well-being.

Various techniques are used including gentle holding, pressing with palms, thumbs, fingers, elbows, knees, feet, and when appropriate more dynamic rotations, stretches and structural adjustments. They can also be helpful with a wide range of conditions from specific injuries to general health issues both chronic and acute.

"I can feel the experience in your hands. It feels like they are listening. Thank you."

"What a wonderful gift. I haven't felt so relaxed in a very long time."