

Guidelines

Please wear or bring loose fitting clothes (e.g. long sleeved t-shirt, tracksuit bottoms) preferably cotton or other natural material.

Avoid wearing a skirt or jeans

Please bring or wear clean socks as feet can get cold

Avoid eating a large meal within 2 hours of your appointment

Avoid drinking alcohol before or after your treatment

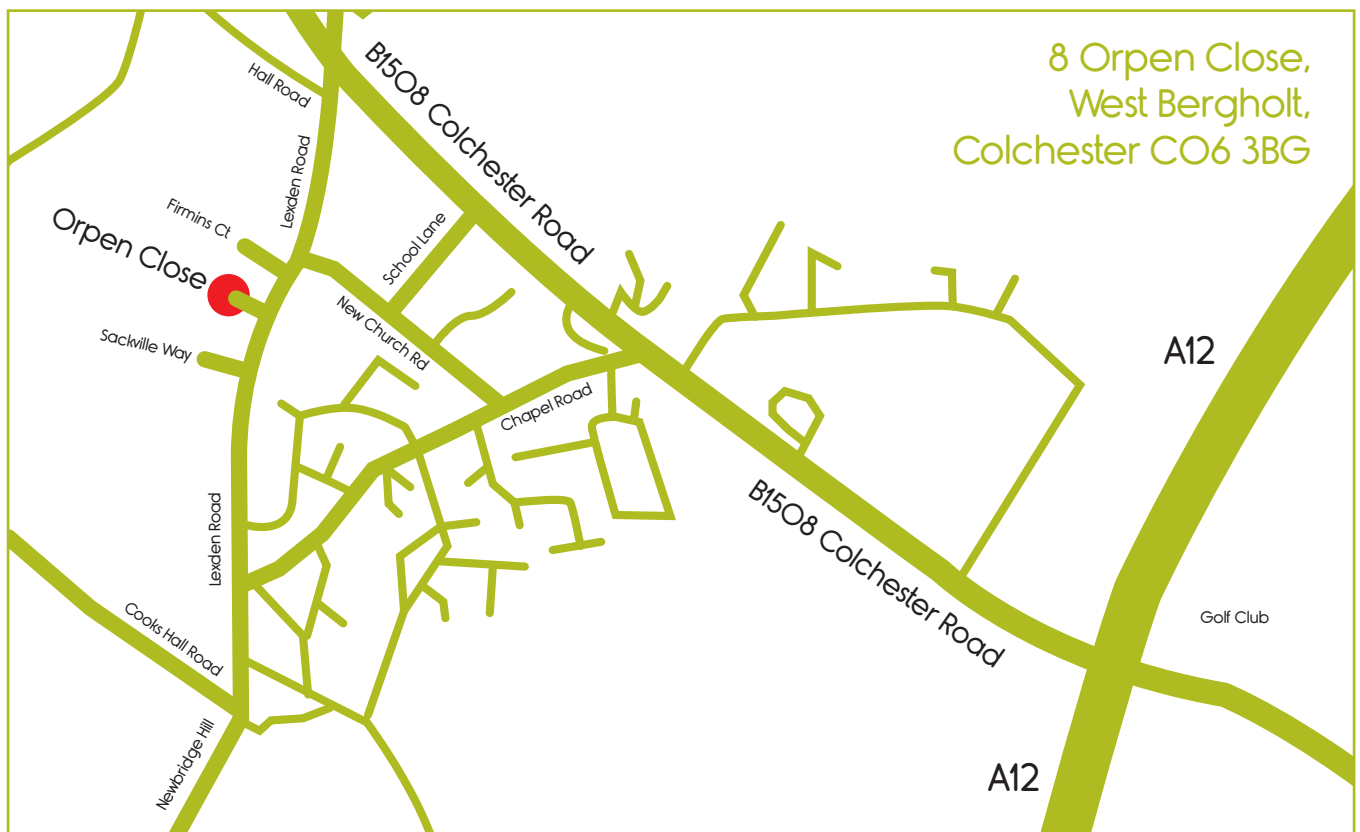
If possible, avoid strenuous activities after treatment

Drink plenty of water after the treatment to help flush out toxins

Please inform me of any medically diagnosed conditions, or any ongoing treatment

Please leave at least four days between a Shiatsu appointment and any other complementary/alternative therapy

How to find me



Contact

Telephone 01206 326442
07725 556057

Email helen@shiatsu4life.co.uk



Shiatsu4Life