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Thai Massage and Shiatsu, a Practical Course for Beginners and Advanced Levels (The Complete Illustrated Guide to) Paperback – January 1, 2007 by Nicky Smith (Author), Hilary Totah (Author)

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[How does a Thai massage differ from a Shiatsu massage? - Quora](#)

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[Thai Massage in Thailand - Shiatsu Massage](#)

Shiatsu & Thai Massage. Your choices for duration include: 60 minutes - 90 minutes - 120 minutes Please call for pricing. Shiatsu is a Japanese form of bodywork meaning "finger pressure." Like acupuncture, shiatsu is based on traditional Chinese medicine, where illness, ...

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Thai Massage is an ancient system of bodywork that is also traditionally done on a futon mat on the floor without the use of oils and with the client fully clothed. Similarly to Shiatsu, it employs stretches and compression with a heavier focus on easing muscular tension.

[What You Can Expect From a Shiatsu Massage](#)

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[What is shiatsu massage? - WebMD](#)

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Thai massage can be both invigorating and relaxing. It is an excellent option for keeping your muscles in good health if you regularly work out, or if you want to overcome a lack of flexibility. Studies show that Thai massage can increase blood circulation, improve flexibility, reduce muscle tension and enhance mental well-being.

[Thai Massage Mats and Shiatsu Mats | Coaching The Body](#)

Shiatsu (/ ʃ i ' æ t s -, ' a: t s u: / shee-AT-, - AHT-soo; [?/?]) is a form of Japanese bodywork based on concepts in traditional Chinese medicine such as the use of chi meridians. Shiatsu derives from a Japanese massage modality called anma. There is no good evidence that shiatsu is an effective medical treatment.

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