

# Joy's Acupuncture

## Massage

We do Acupressure, Shiatsu, Korean Massage, Thai Massage and Swedish

### Acupressure



Acupressure is a form of ancient Chinese medicine which is similar to acupuncture with the exception that needles are not used. Acupressure is based upon the principles of acupuncture; there are 14 meridians---or channels---that run throughout the body. These channels, known in Tradi-

tional Chinese Medicine (TCM) as tsubos, allow electro-magnetic energy to circulate throughout our systems.

When certain areas of these meridians become blocked by stress or illness, the points along them which are near the surface of the skin (known as acupoints or pressure points) can be manipulated by a finger, knuckle or small blunt object in order to open them and allow energy---or Qi (otherwise known as chi), blood and fluids to flow freely again, which is believed to facilitate healing

### Shiatsu

Shiatsu in Japanese means "finger pressure"; it is a type of alternative medicine consisting of finger and palm pressure, stretches, and other massage techniques. Shiatsu practitioners believe in a purported type of vital energy called qi that flows through the body, and that their manual manipulations can help to unblock it and so help the body heal itself.



Tokujiro Namikoshi (1905-2000) founded the first shiatsu college in 1940, and is credited with inventing modern shiatsu. The term shiatsu was already in use in 1919, when a book called "Shiatsu Ho" ("finger pressure method")

## Korean Massage

Korean Massage uses many different Japanese massage techniques including fingertip, thumb and elbow pressure, along with shiatsu and reflexology movements to release muscle tension, relax the nervous system and create positive energy flow throughout the body. These techniques have been used in Korea, along with acupuncture and herbal remedies, for thousands of years. Originally developed by Buddhist monks from China, the therapies were used in conjunction with Korean medicine to heal or treat illness and maintain good health. Good health is seen in Korea as the proper balance of Um-Yang (like Chinese Yin-Yang), good energy flow through the body.

Bodywork in this country views the mind and body as interdependent of one another, therefore, emotions can greatly affect physical health. Because of this holistic view, body treatments are popular and highly regarded in Korea.

## Thai Massage

Thai massage is a system of massage and manipulation developed in Thailand, and influenced by the traditional medicine systems of India, China, and Southeast Asia, as well as by yoga.

In the Thai language it is usually called nuat phaen thai or nuat phaen boran, though its formal name is merely nuat thai according to the Traditional Thai Medical Professions Act, BE 2556 (2013).

The massage recipient changes into loose, comfortable clothes and lies on a mat or firm mattress on the floor. It can be done solo or in a group of a dozen or so patients in the same large room. The receiver may be positioned in a variety of yoga-like positions during the course of the massage, but deep static and rhythmic pressures form the core of the massage.

The massage practitioner leans on the recipient's body using hands and usually straight forearms locked at the elbow to apply firm rhythmic pressure. The massage generally follows designated lines (Sen) in the body. Legs and feet of the giver can be used to fixate the body or limbs of the recipient. In other positions, hands fixate the body, while the feet do the massaging action. A full Thai massage session typically lasts two hours or more, and includes rhythmic pressing and stretching of the entire body; this may include pulling fingers, toes, ears, cracking the knuckles, walking on the recipient's back, and manipulating the recipient's body into many different positions. There is a standard procedure and rhythm to the massage, which the practitioner will adjust to fit each individual client



## Swedish Massage

Swedish massage is the most common and best-known type of massage in the West. If you don't get massage very often, Swedish massage is the perfect massage for you. If you want deeper work and can tolerate more pressure, even momentary discomfort, to get relief from muscle pain, it's better to book a deep tissue massage, which is another form of Swedish massage.

Swedish massage and other types of therapeutic massage are performed by trained massage therapists. A Swedish massage can be slow and gentle, or vigorous and bracing, depending on the therapist's personal style and what he or she wants to achieve.