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WHY CHOOSE AMATSU

Amatsu is a whole body treatment that works with the body's soft tissues including muscles, tendons, ligaments, organs and the sacro cranial system.

It helps to re-balance other key mechanical and energetic structures as the spine, joints, bones, cranium and meridian circuits.

By bringing the body back into balance, Amatsu empowers the body to heal itself.

Treatments or balances are suitable for people of all age groups and also of those with limited mobility.

HOW YOU MAY BENEFIT FROM AN AMATSU BALANCE

- Helps to bring your body's healing system into play
- Improves stability and flexibility of the skeletal system
- Reduces back pain
- Helps with neck and shoulder complaints
- Aids recovery of sports injuries
- Improves range of joint movement and reduces joint pain
- Helps to reduce pregnancy aches and pains
- Releases tight, knotted muscles
- Improves circulation to muscles and other soft tissue
- Reduces stress levels
- Improves energy levels
- Helps relieving digestive problems

BEFORE YOUR AMATSU TREATMENT

Preparing for your treatment

- Drink lots of water to ensure your body is hydrated
- Wear loose, comfortable clothing, e.g. T-shirt and jogging pants
- Switch off your phone before entering the treatment room

AFTER YOUR AMATSU TREATMENT

To gain the best, long lasting effect of your treatment

- Don't do heavy physical exercise within 24 hours (gym etc.)
- Avoid caffeine (coffee, tea, coke etc.)
- Eat easy digestible food to give your tummy a rest
- Drink plenty of water
- Avoid alcohol straight after the treatment
- Allow yourself to rest or sleep
- Above all be kind to yourself