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Shiatsu vs acupressure points chart

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Shiatsu is an alternative medicine using a Japanese massage therapy has used this modern-day form of Japanese massage and pressure point therapy to

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Shiatsu derives from a Japanese massage modality called anma. which is similar but applies pressure for longer on specific pressure points on meridians,

The benefits of shiatsu massage - centerpoint

Shiatsu is a form of massage that originated in Japan and elbows, knees or feet is applied to pressure points on Shiatsu massage has many

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What's the difference between shiatsu and massage? is a Japanese word meaning "finger pressure". usually incorporate the use of acupressure points,

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