

**Kim's Shiatsu Massage
is designed
to give you energy,
balance your Qi
and generally make
you feel like this.**



SHIATSU THERAPY

Shiatsu is a Japanese healing therapy based on Eastern Medical theory, which literally translates as "finger pressure". Shiatsu uses extensions of the classical acupuncture meridians to diagnose and treat conditions of the body. Comfortable, sustained pressure is applied to the whole body, providing both a therapeutic and relaxing treatment based on each client's needs.

HOW DOES SHIATSU WORK?

When we are healthy, we say our energy, (Qi), is balanced and flowing freely. Qi maintains and nurtures us physically and mentally. When our Qi is unbalanced we experience discomfort, pain, disease, or emotional distress. Shiatsu brings the Qi back into balance. It stimulates the Central Nervous System, calming our nerves, decreasing stress, and boosting the immune system.



Shiatsu also works directly on the muscles, increasing circulation to help decrease pain and augment healing. Regular and consistent shiatsu treatments can become a great strategy for preventative health care.

BENEFITS OF SHIATSU

Shiatsu therapy is beneficial for a variety of conditions and ages. This includes pregnant women, children, athletes, teenagers and seniors. The following acute and chronic conditions can benefit from shiatsu. The number and frequency of treatments depend on the individual's condition.

*Neck and shoulder pain • Back pain • Insomnia • Migraines,
Headaches • P.M.S. • Digestive problems • Stress...and much more*

WHAT CAN YOU EXPECT?

A confidential medical history will be taken on your first visit. Progress and changes are recorded on each subsequent visit. Patients are advised to wear loose, comfortable clothing during the treatment, (no oils are used so treatments are done through clothing). Each treatment usually lasts an hour, though you may request hour and a half appointments at an additional cost. Other treatment times are also available.

A LITTLE ABOUT KIM DUNLOP

Prior to becoming a Shiatsu Therapist, Kim was a professional dancer and choreographer out west. She performed with various modern dance companies in Vancouver, Calgary and Edmonton, before starting a family here in Toronto. Kim graduated with honours from the Shiatsu School of Canada where she now works as an assistant teacher. Kim regularly presents Shiatsu seminars for various community health groups and has a growing list of corporate on-site clientele.

WHAT IS A CST?

This is a trademarked designation of practicing members of the Shiatsu Therapy Association of Ontario. A CST has successfully completed a 2200 hour, (2 year), full time



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diploma program at a government accredited private vocational school. The curriculum of study includes anatomy, physiology, pathology, Eastern Medical Theory and a supervised school clinic. Every CST is required to pass rigorous written and practical entrance exams.

A GIFT OF HEALTH

You can now arrange a shiatsu treatment for yourself, or obtain a gift certificate for a treatment with Kim Dunlop, CST, Dipl.ST., a certified Shiatsu therapist and licensed health care practitioner at Oasis Massage Therapy.

SHIATSU RATES

30 Minutes -- \$30.00
45 Minutes -- \$42.50
One Hour -- \$55.00
90 Minutes -- \$75.00

Special Rates for Students and Seniors Available





MASSAGE THERAPY

416-698-8343

www.oasisclinic.com oasis@oasisclinic.com

Anne-Marie Magnus (RMT)
Registered Massage Therapist

Kim Dunlop (CST, Dipl.St)
Certified Shiatsu Therapist

David Lamy (RMT)
Registered Massage Therapist

Sue Pryma (RMT)
Registered Massage Therapist

SERVICES

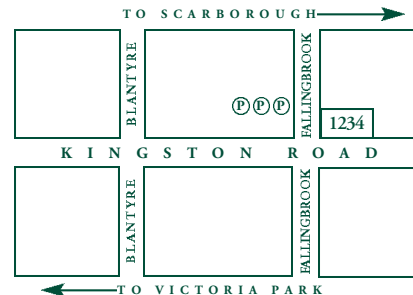
Deep Tissue Swedish Massage • Shiatsu Therapy
Effective Treatment of Athletic Injuries,
Chronic Pain, Muscular Pain, Tendonitis, Digestive Ailments

RATES

MASSAGE	SHIATSU
30 Minutes -- \$45	\$30 -- 30 Minutes
45 Minutes -- \$55	\$42.50 -- 45 Minutes
1 Hour -- \$65	\$55 -- 1 Hour
90 Minutes -- \$100	\$75 -- 90 Minutes

LOCATION

1234 Kingston Road, Suite 120
2 blocks east of Victoria Park
Plenty of Free Parking



APPOINTMENTS

Appointments Available
7 Days A Week

Book by calling:

416-698-8343



Gift Certificates Available
Year Round

MVA & Extended Health
Insurance Coverage