

What is Watsu®?



Watsu® is a gentle form of body therapy performed in warm water of around 35°C. It combines elements of massage, joint mobilisation, shiatsu and muscle stretching. The client is continuously supported while being floated, cradled, rocked and stretched. In combination with the deeply relaxing effects of warm water and its nurturing support, this kind of bodywork provides a range of therapeutic benefits and potential healing on many levels.

What are the benefits of Watsu®?

Many clients will come with specific pain syndromes and movement restrictions due to injury or surgery while others seek Watsu® for the experience of relaxation, blissful letting go and the quiet meditative stillness it can induce.

Its therapeutic effects include increased mobility and flexibility, muscle relaxation, fuller deeper breathing, reduction in anxiety and stress levels, less pain, improved sleep and digestion and a general sense of wellbeing.

Each person's experience is unique and varied. For some the focus will be on the physical effects of stretching, relaxing and freeing the spine and joints. Others might experience a deep sense of ease and lightness during a Watsu® session or a sense of nurturing, safety and relaxation at a level never felt before.

70€/60 min. Reservations on 0496.765410 or www.bodymindwellness.be

