

# Watsu In-Water Massage



## **HOW DOES WATSU IN-WATER MASSAGE WORK?**

Watsu is done in a warm water pool with the recipient's entire body supported by the surrounding water with added support provided by the therapist. As the recipient is held and moved through a series of stretches and rotations, tension in holding or "guarding" muscles begins to release, allowing the muscles to relax and become more receptive to additional healing bodywork. Warm water increases the superficial blood circulation as the body is moved gently through the water resulting in decreased pain and increased pliability of soft tissues which, in turn, allows for greater range of motion. The warm buoyant water also releases weight and pressure from joints and the surrounding network of nerves particularly in the spinal area. Freed in this manner, the spine can be moved in ways impossible on land. Experiencing this greater freedom in the water can impact positively on the emotions, allowing the receiver to face life out of the water with greater equanimity and acceptance.

## **BENEFITS OF WATSU IN-WATER THERAPY:**

Conditions addressed by Watsu include: subacute pain, chronic pain, neuromuscular disorders, head injury, soft tissue dysfunction, chronic headaches, chronic fatigue, hyperactivity, stress related disorders, depression, and sleeping disorders as well as relaxation.

## **OTHER BENEFITS:**

Other benefits include: deeper breathing, thus increasing the supply of oxygen to the blood; improved posture; reduced anxiety; increased body awareness; release of emotional stress and improved sleeping patterns.

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a Growing Matter!**