



Aquatic Integration™ (AI)/Watsu® Treatments

Aquatic Integration is based on the practice that our bodies have the ability to heal themselves when allowed to recognize the potential for movement and alignment in the physical, energetic and emotional realms.

In a session you may experience many different sensations: deep relaxation, a sense of calmness, and an overall feeling of release and balance. Stretches can vary from gentle to dynamic and may be accompanied with pressure point massage, myofascial release, neuro-structural re-education and/or cranial sacral release.

At first your practitioner will spend some time chatting with you. Most important information is how you perceive your comfort and discomfort. This invites your practitioner to work from a place of your perceptions, not their own.

AI is a type of aquatic therapy that has a wide scope of treatment. Each session is individually designed for the client. Sessions will vary in length depending on the depth of your needs.

First session you should allow at least 1.5 hr. Your session may involve going over a health/pain survey, treatment and sometimes, gentle exercises are included.

Please take a shower before you come, wear no makeup or perfumes, come with your suit on and bring a towel. There is a bathroom for you to dress when finished. If you wish bring ear plugs (if you need them), robe and slippers.

First time fee is \$135. After visits are \$110 for 60-75minutes/\$135 for 1.5 hr

There is a \$25, heating the pool, cancellation fee for appointments not cancelled the night before a session. Please call 805-217-1583, if you need to contact me.

Look forward to meeting you.