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The sweetness of the watsu. In the water the body gets rid of tensions and stress

At the Beauty Farm Alhambra the benefits of the shiatsu meet the properties of the water.

PARMA, ITALY, October 11, 2008 **/24-7PressRelease/** -- Watsu, born from the contraction of "water" and "shiatsu", arrives among the Parmesan hills directly from California, where, during the 80s, Harold Dull laid the foundations of this discipline. After a long period of study in Japan, the poet of the San Francisco Renaissance comes back to his native land and starts to apply the teachings of his master of zen shiatsu in pool.

The treatment begins with an immersion in a heated pool. The only thing to do is to relax and indulge in the sweet massage of the water and the delicate touch of the staff operator to feel a profound sense of relaxation. Finger pressures, stretchings and the gentle wave-like movement help to regularize the breathing and to release stress and tensions often caused by the frenzied pace of modern life.

Cuddled by the rock and the warmth of the water, the ki starts to flow again, the mechanical and emotional blocks lessen and a new psychophysical harmony is established. According to the traditional Eastern medicine, the free circulation of the ki, the vital energy, defines the state of health of the body. Movement and breathing slowly reach a perfect syntony, like a wave among the waves.

After 50 minutes of treatment at the wellness center of Parma, the muscles are finally relaxed, the breathing is harmonic and the stress is cancelled. This practice has also beneficial effects on insomnia and anxiety.

For the expectant mothers the watsu is an ideal discipline of approach and preparation to the birth. In fact, the Study Center for the Natural Birth (Centro Studi per la Nascita Naturale) of Mestre has introduced it for many years and it proposes this practice both to future mums and couples.

Watsu is all this and much more, the Harold Dull "poetry in movement" which releases body and mind.

For further information about the hammam of Parma and other beauty treatments of the beauty farm and wellness center Alhambra please visit our website <http://www.beautyfarmalhambra.it> or contact the beauty farm Alhambra, Via Castello 2 - 43039 Tabiano Bagni (PR), telephone numbers +39 0524 565523 +39 0524 567080

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