

Watsu® Therapy

Watsu provides a very gentle, yet deep stretching and a release of muscle and joint restrictions. The warmth of the water promotes circulation while generating a deep state of relaxation. Slow, rhythmic, fluid movements promote a feeling of freedom. The combination of touch and stretching aids in releasing long held physical and emotional tensions. Some of the therapeutic benefits and potential healing Watsu® provides include:

- reduces pain
- improves flexibility
- increases muscle relaxation
- improves sleep patterns, digestion and immune function
- reduces anxiety and stress
- promotes a sense of well-being, trust and connection

People who live with worry, stress, tiredness, sleeplessness, headaches or poor circulation benefit from Watsu. It helps treat symptoms caused by multiple sclerosis, fibromyalgia, Parkinson's disease. People with arthritis, pain, and recovering from injury or surgery also benefit from Watsu. For pregnant women, this warm water therapy relaxes muscle tension and may reduce pain.

Watsu Fees

1½ hour

\$110

1 hour

\$75



Health Center of
Integrated Therapies

A SERVICE OF LONGMONT UNITED HOSPITAL

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