

Home Page

Welcome to the home page of Shiatsu-Wales, the residential tuition centre on the West Wales Coast, offering private tuition in Shiatsu and Meridian Massage as well as treatments.

Shiatsu-Wales is centred in Llangrannog, a tiny seaside village in one of the most beautiful parts of the West Wales Coast. The tuition offered by Carola Beresford-Cooke MRSS(T) covers most aspects of Shiatsu to all levels, including professional supervision.

Treatments are also offered, including aromatherapy, acupuncture, Shiatsu, meridian massage and facials. Click on any of the links in this paragraph or on the menu at the left to see what we offer - and hope to see you soon!

Shiatsu-Wales is centred in Llangrannog, a tiny seaside village in one of the most beautiful parts of the West Wales Coast. The centre is run by Carola Beresford-Cooke MRSS(T) and offers courses in Shiatsu to all levels, including professional supervision; also courses in "acupressure massage" with oil. Self-catering residential accommodation for up to 10 people is available in a spacious and peaceful holiday apartment. Treatments are also offered, including aromatherapy, acupuncture, Shiatsu, meridian massage and facials. Click on any of the links in this paragraph or on the menu at the left to see what we offer - and hope to see you soon!