

Ashiatsu

Oriental Bar Therapy™

Inspired by Eastern massage techniques, Ashiatsu ("Ashi" = foot, "atsu" = pressure) is an effective deep tissue treatment for chronic neck and back pain recognized by the American Medical Association and the American Massage Therapy Association. Clients experience improved posture, relaxation and uniform improvement in the body's overall structure and balance.

The technique is performed on a massage table. The therapist supports herself using wooden bars suspended from the ceiling, and applies deep foot pressure to strategic points along the spine and body for maximum muscle compression. This highly innovative, safe and effective massage treatment combines the best elements from Thai massage, Japanese Barefoot Shiatsu and Keralite massage from India with components of a deep tissue Swedish massage.



What to Expect

This technique is a deep, relaxing treatment that includes flowing, gliding, deep pressure provided by all parts of the therapist's foot. The massage

therapist's body weight is used to press, sweep, swirl and relax the muscles. The often tight muscles of the spine and posterior side of the body are the focus of the treatment. Ashiatsu Oriental Bar Therapy™ movements help to elongate the spinal muscles and dramatically stretch the shortened muscles that may be causing discomfort. These movements help the body's lymphatic system release toxins at a VERY high rate requiring the recipient to take enough time after the session to gather their thoughts before going home. We also want to insure recipients avoid any heavy physical



activity or stationary body position for at least 24 hours after the treatment while non-mobile muscles are in their most limber state.

Who can benefit most from Ashiatsu Oriental Bar Therapy?

This type of therapy is ideal for those who work in a physically intensive job and/or are of larger build. The techniques used are very helpful if you have developed a sore back over time. Ashiatsu Oriental Bar Therapy™ has provided excellent results for those who suffer from chronic back troubles such as: strains, sprains, herniated discs,

degenerative disc disease, sciatica, scoliosis and spondylitis as well as other back disorders. Again, the focus is on deep pressure to elongate and open up the posterior muscles of the body. The pace of the treatment is slow and relaxing, allowing the recipient to fully unwind during the treatment.



Ashiatsu Oriental Bar Therapy™

is by far the "deepest, most luxurious massage on the planet." — Ruthie Piper Hardee

Ashiatsu Oriental Bar Therapy Founder

After Your Massage

Ashiatsu Oriental Bar Therapy™ will quickly release body toxins and usually makes the recipient a bit disoriented for a few minutes afterward. We urge you to spend at least 10 minutes gathering your thoughts after the treatment, in our waiting area. This is the ideal time to begin hydrating your body including drinking at least 2, 8-ounce glasses of water or to try some of our organic, herbal tea. In either case — please make sure you leave ample time to recollect your focus following the treatment before you get behind the wheel. Thank you.