

What is Ashiatsu?

Ashiatsu Oriental Bar Therapy® (AOBT) is a gravity assisted, deep-compression massage known to be “the deepest most luxurious massage on the planet.”

Like traditional Swedish massage, Ashiatsu Oriental Bar Therapy® is performed on a massage table. Unlike traditional Swedish massage, the massage is delivered via the therapist’s (clean, sanitized, warm, soft) feet. Instead of muscle strength, the Ashiatsu therapist, assisted by a pair of suspended wooden parallel bars, uses body weight and gravity to give you a truly deep and luxuriously relaxing massage.

History

Traditions of barefoot massage have existed for thousands of years and span the globe including Fiji, Japan, India, Thailand, China, and the Philippines.



AOBT®, developed by American Registered Massage Therapist Ruth Piper-Hardee, draws upon elements of these traditions yet is blended with Piper-Hardee’s expertise as a Western trained massage therapist. In 1999, following four years of research and

application, AOBT® was brought to the American mainstream spa and massage industries. Today AOBT® is in demand in top spas throughout the United States: *The Bellagio; Canyon Ranch Spas; The Golden Door Spa;* and the *Hyatt Regency’s Stillwater Spas* among them, as well as chiropractic offices and massage therapy clinics in the US, South Africa, Europe and Mexico.

You’re going to walk on my back?

There’s in fact a lot more to it than “walking on your back.” Ashiatsu uses deep compression effleurage strokes that glide slowly and smoothly over the body, allowing for deep, broad compression without sharp discomfort.



The benefit of gravitational force, combined with centrifugal and centripetal movements brings about a structural change in chronic soft tissue injury.

AOBT® is recognized by the *American Massage Therapy Association (AMTA)* and the *National Certification Board of Therapeutic Massage and Bodywork (NCTMB)* as an effective non-surgical technique for the treatment of chronic lower back and neck pain.

Why Deep Tissue Massage?

Deep tissue massage focuses on realigning the deeper layers of muscle and connective tissue in order to release chronic patterns of tension, relieve pain and restore normal movement. It is especially helpful for chronically tense and contracted areas such as stiff necks, aching shoulders, sore backs, tight hips, hamstrings, IT bands, glutes, forearms and calves.

But doesn’t it hurt?

Because the foot has a broader surface area than does the hand, it covers a larger area of muscle tissue. This means greater pressure can be applied without causing discomfort or pain. A broad foot makes compressions smooth and sumptuous, not pokey or prodding such as when using an elbow, thumb or massage tool.



The amount of pressure applied by the therapist is tailored to each client. Using the overhead bars, the therapist easily adjusts the pressure as required. It is *your* massage and your comfort is assured.

Isn't using feet a little weird?

Within the first minute and a half you'll have forgotten that the therapist is using their feet. Really! It feels like two of the biggest, strongest hands lengthening your muscles and working out your chronic knots, aches and pains. Experience improved posture, greater range of motion, pain relief, and deep relaxation.

Who can benefit from Ashiatsu ?

Ashiatsu massage can benefit *all* body types. It's especially great for people with tight, restricted muscle movement and chronic neck and back pain. It's also great for people with thick musculature; skiers, runners and other athletes; fitness enthusiasts; weekend warriors; weight lifters; office workers; physical labourers; and *simply anyone who likes a deep and relaxing massage.*



Who is the Ashiatsu Therapist?

Brenda Green is among a handful of therapists trained to offer this form of massage in Canada. She is an Alberta Registered Massage Therapist, Kundalini Yoga Instructor, and Yoga Therapist.

The Buzz

"The ultimate skiers massage!"

Luxury Spa Finder, Sep/Oct 2007

"I didn't know a deep massage could feel so good!"

DW, Nanaimo

"I've had regular back pain for years, and I was pain free for more than a week after Ashiatsu. I'll be back."

SL, Nanaimo

"Since we started using Ashiatsu Oriental Bar Therapy® in our office, we have had some breakthroughs that no other type of massage has been able to accomplish."

Dr. Eric Dieffenbaugher

Progressive Chiropractic, Fairfield, OH

"My spine feels longer; I can actually turn my neck; and the pain in my hips is gone. I'm zenned out. Love it!"

JK, Port Alberni

The Rates

60 minutes..... \$80

75 minutes \$97

90 minutes..... \$115

120 minutes..... \$145

Gift Certificates available!

Ashiatsu Massage



"... the deepest, most luxurious massage on the planet."

The Ashiatsu Studio

At Rich I Beauty
1-2145 Bowen Road
Nanaimo, BC

Tel: 250. 751.2511