

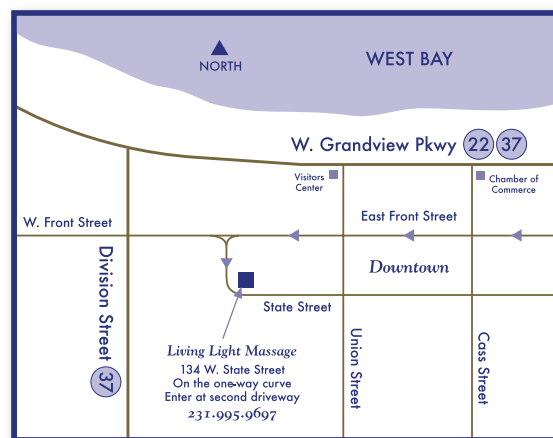
What Our Clients Are Saying...

"Wow! My first Ashiatsu Oriental Bar Therapy session was amazing! AOBT was the most relaxing yet invigorating massage I've ever experienced."

"I've been under much stress lately, but during that massage all my stress just flowed away."

"Ashiatsu massage has been the only thing that has helped my chronic back pain after years of trying various methods of pain relief. Thank you!"

"This must be one of the best massages I have ever received! I am amazed at how smooth and fluid the movements were, while still giving very deep pressure."



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*Ashiatsu Oriental
Bar Therapy*

Experience deep relaxation, pain relief, improved posture and increased physical balance. Adapted from ancient Eastern barefoot massage techniques, Ashiatsu utilizes deep compression and gliding techniques providing even, deep pressure on the body without pain. This treatment is highly effective for those who suffer from chronic neck and back pain or spinal issues, as well as for athletes and those who enjoy deep-tissue massage.

*Traverse City's Leading Massage
Therapy Center*

“The deepest, most luxurious massage on the planet.”

What is Ashiatsu Oriental Bar Therapy?

Inspired by Eastern massage techniques and adapted from ancient forms of barefoot massage, Ashiatsu (Ashi = foot; Atsu = pressure) is a highly effective treatment for individuals who suffer from chronic back pain. It combines elements of Thai Massage, Japanese Shiatsu, and India's Keralite massage, with underlining dynamics in the study of traditional Chinese medicine.

Ashiatsu Oriental Bar Therapy is performed on a massage table. During treatment, the therapist uses the parallel bars overhead for balance while applying slow, gliding foot pressure and compression to strategic points along the spine and body. Ashiatsu's one- and two-footed strokes distribute pressure evenly over a large area of the body, providing a deep and relaxing massage without the pain often associated with traditional deep-tissue massage.



When properly applied, Ashiatsu techniques elongate the spine and surrounding muscles, as the gliding strokes made with the feet produce a “push-pull-pumping” effect. This results in compression of the soft tissue surrounding the joints, which promotes mobilization, allowing the spine to resume its natural position.

This massage modality is now a well-documented, effective, non-surgical technique for the treatment of chronic lower back and neck pain, approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) and recognized by the American Medical Association.

What Are the Benefits of Ashiatsu Oriental Bar Therapy?

There are many ways that Ashiatsu Oriental Bar Therapy can be beneficial, including the immediate benefits that most massage therapies offer, such as:

- Chronic pain relief
- Improved posture
- Reduction of swelling and inflammation along the spine
- Increased overall health and well-being

Ashiatsu Oriental Bar Therapy also increases lymphatic flow and stimulates the body's own self-healing capabilities. Following treatment, clients experience deep relaxation, pain relief, improved posture, and enhanced physical structure and balance. Posture can be improved after just a few treatments, and pain relief may come after just one treatment.

Who Can Benefit from Ashiatsu Oriental Bar Therapy?

Ashiatsu is highly effective for people who enjoy deep-tissue massage, athletes, and individuals with thick musculature. It is also recommended for individuals who suffer from chronic neck and back pain, scoliosis, bulging/herniated discs, sciatica and degenerative disc disease.

Although beneficial for many, Ashiatsu is not for everyone. Please inform your therapist of health conditions and any medications you may be taking prior to receiving treatment, as contraindications may apply.

How to Get the Most Out of Your Session

As with normal deep-tissue massage, it is recommended that you drink plenty of extra water throughout the day to aid in flushing out toxins and metabolic waste products that are released during a session.

Due to the intense nature of Ashiatsu Oriental Bar Therapy, it is suggested that in the first 24 hours after a session, clients refrain from:

- Twisting of the spine
- Strenuous physical activity
- Heavy lifting
- Alcohol consumption

For information on Ashiatsu Oriental Bar Therapy, visit: www.deepfeet.com

