

## ASHIATSU

Ashiatsu “foot pressure” is an ancient form of bodywork and a healing art dating back to the fifth century. It consists of the therapist massaging the client with bare feet, using different strokes with the sides and soles of the feet as well as the toes. The combination of deep soothing strokes and compression techniques provides maximum relief to the client without the usual discomfort or pain commonly associated with deep tissue massage.

Deborah Ogden, your therapist has been fully certified in massaging with her feet – also called Ashiatsu. This training is necessary so as not to hurt you, but rather, to help aid in your relaxation, therapy and healing.

Ashiatsu literally means (ashi) foot (atsu) pressure in Japanese, the use of the hands where necessary, are also utilized. Ashiatsu massages are done on the massage table. While holding on to sturdy overhead bars for balance, Deborah stands above you on the massage table and uses her feet to deliver the massage. The advantage of Ashiatsu is that it allows gravity to do the work, leveraging Deb's body weight to deliver the deepest massage available.

Ashiatsu involves deep even pressure with the foot to gently compress and stretch the muscles, effecting structural change to the soft tissues. The deep soothing strokes provide complete relaxation to the client, open chakras, release toxins, and stimulates the body's mechanisms of self healing. Clients experience improved posture and movement, pain and stress relief, increased muscle flexibility, and restored range of motion.

Benefits of Ashiatsu include:

- Reduced stress and greater sense of well-being
- Improved circulation and relaxed muscles
- Improvement of the immune system
- Heightened awareness of emotional and psychological processes
- Stretches the spine and improves posture
- Loosens up the back and shoulders
- Boosts and balances the body's energy
- Stimulates the lymphatic system
- Relieves pain, aches and stress, promoting relaxation
- Improves flexibility and elasticity
- Enhances feelings of well-being