



ASHIATSU

Ashiatsu also known as Ashiatsu Oriental Bar Therapy, AOBT, and Ashiatsu Bar Therapy, Barefoot Massage, and Deepfeet Bar Therapy is a deep tissue barefoot massage. The therapist uses bars that are installed on the ceiling to help balance during the massage that is performed with the therapist's feet.

There are many forms of barefoot massage that exist but Ashiatsu Oriental Bar Therapy is one of the more amazing ones. I liken it to a really deep swedish massage. Unlike other deep tissue massages, Ashiatsu is not painful. Many therapists use there thumb or elbow for deep tissue which can hurt at times. With the foot being such a wide surface, it delivers a really nice soothing deep tissue massage.

Over the past 10 years, about 95% of my deep tissue clients have moved to Ashiatsu as there preferred choice of massage. It is fantastic for any sort of back or neck issue and it is deeply relaxing.

Come visit me in Warwick, NY for some AWESome Ashiatsu.

