



# BENEFITS OF ASHIATSU DEEPEET BAR THERAPY



## Deep Tissue Without Discomfort

If you're in need of deep tissue work, but don't enjoy the discomfort that comes with pointy elbows and thumbs, then Ashiatsu DeepFeet Bar Therapy® is the treatment for you! Gravity enables Ashiatsu therapists to deliver up to 3x deeper pressure than with traditional hands-on treatments. Utilizing bodyweight and the foot as a massage tool provides broad, consistent pressure that creates structural change throughout the body. As a result clients will enjoy the same extra range of movement and decrease in chronic tension relief without having to endure painful strokes.



## Elongates Muscles and Detoxifies

Many ashatsu strokes help to elongate the spine. These movements dramatically stretch shortened muscles, which help in relieving pain and discomfort. These long fluid strokes also help flush the body's lymphatic system, which releases metabolic waste at a very high rate. We recommend drinking plenty of water before and after a treatment to help with the detoxification process.



## Frees Up Bundled Nerves

Movements along the para spinals and the lumbar region can relieve muscle spasms and open the intervertebral foramen (where spinal nerves pass through). It will give the nerves more space as well as increase circulation by bringing more freshly oxygenated blood to the area being treated.



## Improves Posture and Decreases Pain

After only a few treatments, ashatsu barefoot massage has been known to improve posture and range of motion. It will significantly reduce or eliminate chronic muscle pain, and improve bodily functions, which will create a higher sense of balance and wellbeing within the body. Typically, one treatment a week for upwards of six weeks will produce these kinds of results.

## Ashiatsu is not suitable for everyone

Due to the compressive nature of Ashiatsu massage, therapists must take extra precaution with certain client conditions. This is just a hand full of conditions that would be contraindicated for receiving an ashatsu treatment. However, a certified Deepfeet Therapist will have full knowledge of all contraindications for ashatsu and how to best address their client needs.

Pregnancy or trying to conceive  
Compromised immune system

Contagious skin disorders.  
High/Low blood pressure

Recent injuries/surgeries  
Acute liver/ kidney disorders.

Auto Immune disorders  
Advanced Diabetes



For more information visit: [www.deepfeet.com](http://www.deepfeet.com)

