

This list indicates only some of the effects therapeutic massage can have.

- Reduces physical and emotional stresses by triggering relaxation.
- Can release chronically contracted muscles, thus relieving pain.
- May lower heart rate.
- Lowers blood pressure.
- Increase local blood circulation.
- Helps clean out toxins (waste products).
- Helps immune system to work more efficiently.
- Can help relieve muscle soreness, spasms and cramps.
- Helps increase muscle flexibility to improve range of motion in joints which helps improve posture.
- May drain bronchial tubes.
- Promotes a natural state of well being.
- Can help relieve tension and headaches.
- Sleep will usually improve.

Additional Services

- Ayurvedic Therapies
- Reflexology
- Lomi Lomi
- Facials
- IPL Laser Hair Removal & Skin Rejuvenation
- Waxing
- Event Makeup & Updos
- Energy Therapies / Reiki
- Health & Nutrition Supplements
- Workshops
- Intuitive Readings

Cancellation Policy

A 24- hour cancellation notice is required on all services. Those failing to cancel in advance or not showing will be charged the value of the missed service

Returned check fee is \$25.00

Ashiatsu Oriental Bar Therapy



A Yoga Studio &
Day Spa Committed To
Providing Services That
Are ...

all about you!

23 Village Inn Road

Westminster, MA 01473

At Exit 27 - Off Route 2

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Ashiatsu Oriental Bar Therapy

The roots of Ashiatsu Oriental Bar Therapy (AOBT) came from the Far East, but this American adaptation is truly a western phenomenon.

Although the Japanese term "Ashiatsu" is used in the trade name, the technique Ashiatsu Oriental Bar Therapy and its application are very different. The root word "Ashi" means "foot" and "Atsu" means "pressure" so together they symbolize foot pressure. The therapist uses soft clean feet while you comfortably relax on a massage table. AOBT sessions are not painful or rough, just the opposite they are very comfortable, relaxing and very effective.

Contrary to popular belief- No one will be "walking on your back!" This would be too dangerous and can easily result in an injury.

During AOBT treatment the trained therapist will utilize parallel bars securely attached to the ceiling for balance and leverage. The therapist's body weight is used to press, sweep, swirl and relax the muscles. Application of these techniques will provide deep relaxation and stimulate the lymphatic system of the body.

AOBT provides relief for such conditions as: lower back pain, scoliosis, sciatica, tight hamstrings and calves; it helps to release metabolic waste from your tissues and increase the feeling of well being. The biggest benefit of AOBT is that these positive changes in the body happens much faster than with a regular deep tissue massage.

AOBT also helps to elongate the spine and after only a few sessions dramatically improves posture and movement.

AOBT is great for women. Many times during a deep tissue massage, the therapist will use an elbow to affect deeper layers of tissue.

With women's muscles being smaller, this may be very painful. Since the foot is much bigger than elbows, fingers or knuckles the pressure is evenly spread over a large area, which helps to reduce or completely eliminate pain and discomfort

AOBT is also very effective for large muscular people or athletes or people who like A LOT of pressure. With AOBT the therapist will rely on gravitational forces and may use their entire weight on larger clients.

90 minute.....\$110

120 minute.....\$130

After treatment you should:

- Drink plenty of water
- Perform passive stretching
- Wear a back or neck support if your work is extremely physical
- Treat yourself to hot sauna, steam room, or Jacuzzi
- Can apply heat or cold to lower lumbar area
- Find which method works best for your particular symptoms of pain
- You can also lie on floor with legs up on sofa or chair

Contraindications

- Pregnancy or trying to get pregnant
- Breast implants within 9 months
- Recent eye procedures /Lasik within 72 hrs
- Recent injuries or surgery
- Uncontrolled high blood pressure or heart condition
- Skin inflammations
- Any acute inflammatory conditions such as phlebitis/cellulites

Other medical conditions may warrant a doctor's note or modification of treatment.

Please discuss medical background with your therapist if you have any questions or concerns.