

Barefoot Healing Massage

A traditional Japanese healing technique, Ashiatsu is the combination of massage and acupressure techniques. Literally meaning "finger pressure" (itsu), this ancient technique is only referred to as ashiatsu by its practitioners. And although ashiatsu massage might appear unconventional, with most professionals holding onto specially-installed ceiling racks to maintain their balance as they walk on a nervous client's back, this form of massage is quickly being heralded as an extreme, deep-tissue massage. Unlike the more commonly known deep tissue massage, which targets and eliminates chronic muscle tension, shiatsu is categorized as a "hands on" technique, utilizing the patient's own hand for the treatment. And even though the treatment may feel like it's far from relaxing, the area is amazingly painless for the patient.

As the practitioner manipulates and kneads muscles, soothing rhythmical pulses are utilized to stimulate points throughout the body. The hands are used for friction strokes, while gentle strokes and circular movement are used for tapping. Stress is also applied to certain points and this provides a range of beneficial results including the relief of muscle tension, stiffness, soreness, and even migraines and other types of headaches. Some therapists use their thumbs and fingers in combination to make a tapping action to release specific points. However, some therapists feel that a combination of thumbs, fingers and even elbows create the best results.

When getting ashiatsu for the first time, it is essential to be very aware of how the therapy is being applied. Because the technique involves the use of both the hands and the feet, the therapist has to be completely balanced and in good physical condition. Because of the nature of the Ashiatsu discipline, therapists cannot simply place their hands on their clients' bodies and begin giving them ashiatsu. In actuality, many times it's necessary for the client to lie on their stomach and then the therapist should kneel or sit on their back to supply the correct shiatsu treatment.

To execute the shiatsu massage, the therapist must be able to feel where exactly in a individual's body regions pain is emanating from. By making regular visits to a Barefoot Massage therapist, a person will have the ability to find precisely where their problems lie and be provided a specialized treatment that is sure to help alleviate the situation. It's important to remember that a barefoot massage differs from a traditional massage as the techniques used are more intense. Although they may seem to be rather similar, the critical differences between the two include the fact that the Barefoot massage focuses on using the entire body in its care when performing the shiatsu technique.

A normal Barefoot massage can have the client lie on their stomach and have the therapist use his or her whole hand in applying pressure on certain parts of the body. This strain is usually applied with palms and fingers but it can also use the elbows, the palm soles of the feet, as well as the buttocks. The therapist may also apply pressure to certain points like those located on the spine or the sacrum. Each part of the body is massaged in a particular area with the focus being the relief of stress and the easing of stressed muscles.

Another common technique in Barefoot massage is where the therapist uses one foot at a time. The first foot is placed directly on top of another foot and then the first foot is lifted off the ground and put in the opposite place. In order to stretch out the muscles of the lower spine, the second foot is placed directly on top of the first foot and lightly [pushed](#) worked back in position. The second foot is then raised off the ground and gently worked back into position before repeating with the third foot.

Barefoot massage can be done using any hand, but a lot of therapists prefer to use both hands to provide each individual pressure points more relief. One technique used is called shiatsu massage which is derived from the Japanese words for foot and hand, as (hand) and sutora (foot). In shiatsu massage the hands aren't always visible and the therapist uses massage strokes that involve turning and twisting of the feet and hands in circular patterns around the area needing treatment. Barefoot shiatsu massage is usually utilized to ease tension from the muscles, joints, tendons and tissues of the legs and feet. It can also help reduce swelling and protect tissues from injury.

Barefoot shiatsu is very effective for the treatment of sports injuries, cramps, varicose veins and swollen feet. However, it shouldn't be used for bruises, open wounds or too much pressure because of the fact that the feet are often swollen and sensitive during a Barefoot session. It is most effective for neck, back and leg pain, skeletal and muscular problems, varicose veins, and other disorders of the feet and legs when done properly by a highly trained massage therapist.