

Ashiatsu Oriental Bar Therapy®

The brain child for Ashiatsu Oriental Bar Therapy® came to Ruthie Piper Hardy during an onsite massage session at a movie location set. She had a portable table set up in an electrical “grip” truck and would deliver sessions to the cast and crew during the production. Late one afternoon after 6 sessions when she had nothing left in her hands to give, a 320 pound stunt man came knocking on the tail gate of her make-shift studio.

He was in a great deal of discomfort with chronic back stiffness and pleaded for a session. Reluctantly, she agreed to another 60-minute session. She knew from the first compression that she was not going to provide effective relief without injuring her wrists and lumbar even more.

While massaging his erectors, she gazed up at the roof of the truck to see a metal grid with tiny little holes. The grid was screwed on to the ceiling like a storage rack and was used to store lighting equipment for the set. Her mind was suddenly flooded with memories of what she had seen as a young youth traveling. A vivid flash back with details of that Pilipino woman and that man in India performing massage with their feet... inspired her.

Ruthie instinctively got up on the table unbeknownst to the client and fit the tips of her fingers through the tiny holes in the grid above. She began to deliver

and combine Swedish effleurage strokes instinctively with her feet.

The grid was solid and strong and she could use it for leverage and balance. As she approached endangerment sites and delicate veins and arteries, she was amazed at how she could control her weight through the massage cream and oil. The huge mountain that lay beneath her commented during the session that he was amazed that she had enough energy left to work “this deep” at the end of a long day”. Little did he know that she was NOT using her hands! Ruthie explained later she was using her feet the entire time and in his amazement the stunt man professed, it was the “BEST massage experience” he had ever had.

barefoot roots...

The Japanese word “Ashi” “foot” and “Atsu” means “pressure”, so together they symbolize foot pressure.

Ashi FAQ's

What is Ashiatsu Oriental Bar Therapy®?

The original western barefoot bar massage technique using deep tissue/compression effleurage strokes that glide over the body. Movements are combined with centrifugal and centripetal directions. Specific strokes create a structural change in chronic soft tissue damage and provide deep relaxation. Bars are used above the head for support and balance. Lubricant is applied to the body. Developed by massage therapist, Ruthie Piper Hardee in 1995 as a result of her own scoliosis and disk pain associated with bending over the table to deliver deep tissue massage.

Why do consumers love this work so much?

The continuous deep tissue pressure you are able to deliver with your feet covers much larger areas at once than your hands. The foot is broad and makes the compression smooth and sumptuous not bony or prodding like using an elbow, thumb or massage tool. The consistent pressure is easily maintained hour after hour. Consumers feel like they got a 2 hour deep tissue massage in about 40 minutes. They get relieve from chronic inflammation faster than that of a normal massage. Clients feel like they got more “bang for their buck” and the stress and strain on your body was effortless. The results of those suffering from chronic back, neck and shoulder pain have amazing testimonials. Our clients show dramatic results with better posture and over all well being.

Can anyone receive this work?

Ashiatsu Oriental Bar Therapy® is ideal for large clients who prefer a deeper massage but we developed different protocols for different body types. The main thing to recognize is that there are many contraindications for deep compression and no two body types are alike. Detailed notes, lecture and safe application is the main focus of our curriculum. You will have in-depth knowledge of barefoot compression work before you leave our classroom.

Do I have to be a massage therapist to take this course?

The NCBTMB approves many bodyworkers for this course. Physical therapist, Occupational therapist, or anyone else who does bodywork including personal trainers and yoga instructors can participate in this course.

-Text from www.deepfeet.com the official website for Ashiatsu Oriental Bar Therapy®



RED Braat is a graduate of Bellevue Massage School and a certified Ashiatsu Oriental Bar Therapy® Provider.

RED is currently performing Ashiatsu in Kirkland, WA at Soul Ease Spa, which was recently awarded “Best of Kirkland” in the spa category, and at Karuna Massage and Spa in Issaquah, WA.



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