

Shiatsu vs Ashiatsu Massage Therapy

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Shiatsu and Ashiatsu are two types of massage therapy practices that originated in Japan. Both of these practices include the root word “*atsu*” which translates to “*pressure*”. The idea behind both practices is to apply the right type of pressure on critical body points in order to relieve stress and improve overall health and wellness. Where they differ is *how* they apply pressure. The following is a look at what you should know about these two exciting and effective types of massage therapy practices and their massage therapy benefits:

Shiatsu Vs. Ashiatsu Massage Therapy

Shiatsu

In shiatsu massages, the masseuse primarily uses their fingers to apply pressure to the patient's body. They will knead, tap, press, sooth, and stretch the skin and muscles of along specific points of the patient's bodies in order to stimulate key pressure points and free the blockages causing fatigue, pain, and other issues. While shiatsu massages primarily are done with finger and hand pressure, the masseuse here may also use their elbows, knees, and feet where needed.

Ashiatsu

In ashiatsu massages, the masseuse primarily uses their feet to apply pressure to the patient's body. Many people have a passing familiarity with ashiatsu massages thanks to movies and television shows. This is the specific massage practice in which a masseuse walks upon someone's back and is, in fact, sometimes referred to as a '*barefoot massage*'. Here, the masseuse uses massage oil and their feet to apply pressure to their patient's back in order to relieve pain and improve health and wellness. Generally, massage therapy centers and spas equipped for ashiatsu massages will have bars attached to the ceilings that give the masseuse balance and precision in performing the massage.

Shiatsu and Ashiatsu Massage Therapy Benefits

Both shiatsu and ashiatsu massage therapy techniques rely on the same principles of applying pressure to what is known as the 12 Meridians — the difference between the two lies in *how* that pressure is applied. Therefore, which one is right for you will largely depend upon your personality and preferences. Because of this, we strongly recommend trying both to see which speaks most to you! Both practices provide a myriad of massage therapy benefits which include:

- *Restored energy and vitality by opening up your chi much like acupuncture*
- *Reduced pain from an injury or similar physical accident*
- *Treatment and prevention of depression*
- *Treatment and alleviating of symptoms caused by digestive issues, PMS, general nausea, migraines, and more*
- *Muscle relaxation to relieve stress and anxiety*
- *Improve posture and elongate the spine*
- *Relieve pain associated with pinched nerves*

Schedule Your Shiatsu or Ashiatsu Massage at Matrix Spa & Massage

Located in the heart of Salt Lake City, our expert spa of Matrix Spa & Massage offers a great variety of massage therapy techniques including ashiatsu massage and shiatsu massage. Our masseuse team is among the best in the business as evidenced by our long list of awards and outstanding reviews. Learn more about our business by visiting our website, calling us, or by simply stopping in and talking with our friendly front staff next time you are in downtown Salt Lake City.