

# PRICING

## Deep Feet Ashiatsu & Swedish Massage

30 Minute Session	\$40
60 Minute Session	\$75
75 Minute Session	\$95
90 Minute Session	\$110
120 Minute Session	\$145

First Time Clients get \$10 off their first 60-minute session!

## BY APPOINTMENT ONLY

Call or text:  
205-478-5246  
or  
920-497-1161

Located inside Western Racquet & Fitness Club  
2500 S. Ashland Ave  
Green Bay WI 54304

## About Teresa

Teresa Sawyer is a licenced massage therapist specializing in Ashiatsu massage since 2005.



Teresa Sawyer  
Licensed Massage Therapist  
Green Bay, WI  
AMTA Member  
Inside Western Racquet & Fitness Club



*"The deepest, most luxurious  
massage on the planet."*





## What It Is

Also known as Ashiatsu Oriental Bar Therapy, Ashiatsu (ashi = foot and atsu = pressure) is an ancient form of bodywork brought to us by Buddhist monks. DeepFeet Bar Therapy is a Westernized version of this technique that utilizes the therapist's bare feet.

The therapist doesn't walk on you, but with coordinated skill, uses her feet to give you a luxuriously deep, Swedish massage. It is safely performed on a massage table with well-constructed bars overhead. It is not performed on a floor mat or through clothing.

This type of therapy is a well documented, effective, nonsurgical technique for the treatment of chronic low back pain, scoliosis, and bulging & herniated disc problems. DeepFeet Bar Therapy is approved by the National Certification Board of Therapeutic Massage and Bodywork (NCBTMB) and recognized by the American Medical Association (AMA).



## How It Works

Using a protocol of gliding strokes, pressure is applied from one muscle group to another with the therapist's feet. The strokes are mostly performed with the broad surface of the therapist's foot, allowing the therapist to apply pressure over a larger area on the client's body. These smooth, deep strokes create a lengthening of the muscles, relieving compression in the joints and along the spinal column. In addition, it elongates the vertebral canal and relieves irritation on the spinal nerve.

This treatment is extremely relaxing, decreases inflammation, increases lymphatic flow and stimulates the body's own self-healing capabilities. Symptoms and pain can diminish in as little as two sessions.

## Who It Benefits

DeepFeet Bar Therapy is great for athletes, those with chronic back and neck pain, and any client seeking a deep, relaxing massage.

DeepFeet Bar Therapy is also recommended for people suffering from scoliosis, bulging/herniated discs, sciatica, degenerative disc disease, and spondylosis.

Please note that DeepFeet Bar Therapy is not recommended for the following:

- Pregnancy or trying to get pregnant
- Breast implants or major surgery within 9 months
- Recent eye procedures or LASIK within 72 hours
- Those on blood thinners
- Phlebitis, deep vein thrombosis, aneurysm,
- Osteoporosis
- Fractured rib(s)

\*You should talk to your therapist about any history of heart, kidney or bowel disease high blood pressure, or infection.

