

healingways

# Footprints that HEEL

The Art & Science of Ashi-Thai & Ashiatsu Massage

by Betty Buckley

Local massage therapist and Ashiatsu instructor Jeni Spring, originally trained in Seattle, offers "foot" fabulous healing modalities born from the traditional Thai techniques.

Her massage options are performed mostly with the feet using a bar above her table, allowing her to control the foot pressure and keep it safe for both client and therapist. What exactly is it like? Ashi-Thai's passive stress customers describe their experience as "being a part of a gentle wave." Those who come to Jeni for deep tissue work, describe their Ashiatsu session as "the deepest massage I've ever had."

The special room for these treatments is reminiscent of being by the sea - with one major exception, the special bar apparatus found directly above the massage table. The room itself is peaceful and welcoming, with soft lighting and gentle wave music.

Initially, most people are acutely aware that "she is using her feet" but within minutes, they are into the moment. Massages are performed more by feet than by hands, and each starts out quite similar to traditional massages with clients being instructed to "close their eyes" and relax "like a wet noodle." Within minutes clients "sink deeply into the relaxation" and gratefully "let go" as the music and Jeni's well-trained feet begin the relaxation and healing process.

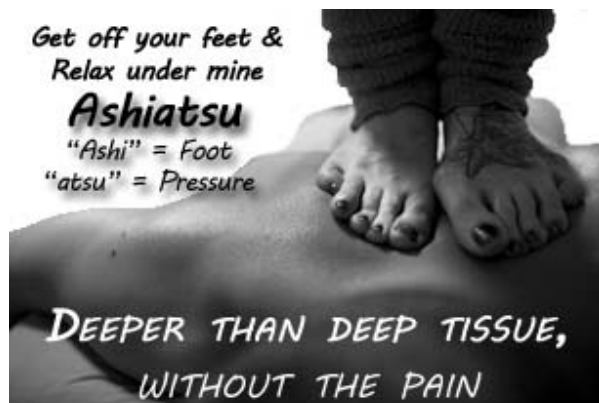
Educated as a traditional massage therapist, Jeni has spent years studying and now training others in Ashiatsu Oriental Bar Therapy. She also offers a Fijian massage and a Sole Sampler which is a half hour massage with a mix of each technique, so you can pick a favorite.



What makes a Jeni Spring's massage so special? You will just have to experience it yourself to see why others describe the experience as "heavenly!"

*Jeni works out of the Integrative Healing Institute, located at 3300 Nacogdoches Rd, Suite 110, and she offers a variety of massage. For more information call 210-967-4400 for an appointment, available Monday - Saturday, 10am to 5pm. Or visit [www.heelingsole.com](http://www.heelingsole.com) for more details.*

Get off your feet &  
Relax under mine  
**Ashiatsu**  
"Ashi" = Foot  
"atsu" = Pressure



DEEPER THAN DEEP TISSUE,  
WITHOUT THE PAIN

Try Ashiatsu

HeelingSole.Com  
210-967-4400  
1 mile north of 470 on Naco  
Massages available by  
appointment only, classes  
available for LMT's  
Scan the code w/ your  
smart phone for more info!

