



DISCOVER: ASHIATSU MASSAGE WITH ALAN WONG

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A couple of weeks ago I had the immense good fortune to receive an Ashiatsu massage, and I cannot express how **BLOWN AWAY** I was with my experience. So much so, I had hoped that using all capital and bold lettering would help get my feelings across; it still feels like an understatement.

Ashi-what you ask? In Japanese ashi means foot and atsu means pressure. Ashiatsu is a deeper-than-deep tissue, painless form of barefoot massage. The Ashiatsu therapist uses a set of overhead bars to help customize the amount of pressure to the individual, and the broader surface of the foot leads to less discomfort than traditional deep tissue massage. It doesn't have to be deep, however; any stroke can be modified to have one foot working on the patient, while the other foot remains on the table.

After decades of receiving regular massages, dating back to my late teens when I worked at a spa and then progressing to valuing massage as a part of my self-care routine, I think that a massage, regardless of the type, is only as good as the massage therapist giving it.

As a result, this massage experience has led me to believe that Alan is a very gifted therapist. To describe his background somewhat succinctly, he's certified in Spa Therapy from The Vancouver School of Bodywork and Massage, in addition to holding a Mastery Level status in Ashiatsu Oriental Bar Therapy® from Health and Bodyworks in the US. This unique combination of certifications produced an equally unique fusion of deep compression techniques using body weight with passive stretching.



In addition to a long list of other massage certifications, his website lets us know that he puts a general focus on treating sciatic pain, muscle strain problems with shoulder and neck, and flexibility issues with the hip and leg muscles. In other words: athletes - whether professional or amateur, as well as desk jockeys alike can benefit from Alan's touch.

To allow you to better get to know him yourself, I've asked him a few questions below. Read on to learn more about him and his trade.

What is the difference between what you offer and a deep tissue massage?

The technique that I provide is of a higher standard ensuring efficient and effective results. Assisted gravity barefoot techniques are better suited to release chronic tension and help stimulate the lymphatic system in predominantly developed muscles (which in turn speeds up the recovery period for clients).

What range of ailments do people come to see you about?

Torticollis (neck strain), shoulders (rotator cuff tension), back pain, sciatica nerve issues, shin splints, arm and leg stiffness, lack of flexibility, headaches, migraines, etc.

In what ways do you support your clients?

My doors always open for consultation or to receive treatment. If someone has the determination to move forward and strive for excellence, I'll do my best to assist them in their journey through bodywork.

What are your recommendations to help people live better in their bodies?

Gently correct your posture if you feel that you're falling forward or leaning towards one side. Emphasize weight more evenly distributed onto your heels.

How do you take care of your body?

Drinking fresh water, eating more vegetables and bonding with nature (ie. walks on the mountain or self-treatments with volcanic stones).