

NO MORE "It Hurts so Good" or "No Pain No Gain."

You can now experience pain-free, bruise-free, pressure on the deeper layers of muscles, tendons, ligaments and connective tissues without wincing, or clenching from sharp elbows, knuckles or thumbs!

It has been featured on CNN, The Discovery Channel, *Great Spa Getaways*, and The Travel Channel, as well as countless other venues. Well known spas around the country offer this unique massage.

The deepest, most luxurious yet relaxing massage in Memphis

Ashi-Thai combines Ashiautsu's approach to a deep tissue massage with that of traditional Thai/Yoga techniques.

Compression of muscle tissue is applied throughout the session as well as maneuvering your limbs into relaxing stretches. Imagine your body taking a yoga class while you rest!

In an Ashi-Thai session the client relaxes on a comfortable massage table while the therapist uses gravity bars for balance and support, while working within the client's range of pressure the therapist uses their feet and legs, to bend, stretch, and soothe the client's muscle tension.

Ashi-Thai uses little or no oils. The client wears loose flexible clothing which allows the body to be passively stretched beyond its holding patterns. The client will feel relaxed gentle compressions along the muscle tension lines. Each long, slow stretch will bring the release of stress, pain and tension.

The advantage of this massage, both for the client and the therapist, is that Ashi-Thai allows gravity to do the work. This provides a massage unmatched by other techniques.

Ashi-Thai is designed to increase range of motion and boost performance while it revitalizes the body, mind and soul leaving the client deeply centered and at peace.

Gwen is a Certified Ashi-Thai Therapist trained by an Authorized DeepFeet Instructor, to provide safe, effective and painless, not to mention profoundly relaxing therapy. The amount of pressure is carefully monitored throughout the session, and easily adjusted for the clients comfort. The safety and well-being of her client is of foremost concern.

Let Gwen help you become for more bendy and stretchy today!

\$130 for 90 minutes | \$160 for 120 minutes