

## ASHIATSU

A 3,000-year-old form of bodywork, ashiatsu – the name is formed by “ashi” (foot) and “atsu” (pressure) – involves, quite literally, someone walking barefoot on your back. Brought to India by Buddhist monks, ashiatsu has had many incarnations. Its newest, and most Western form, Ashiatsu Oriental Bar Therapy, was introduced in 1999 by Ruthie Hardee, whose adaptation – the therapist holds onto two bars for balance – is not as much about aligning chi (energy) as improving posture and providing an incredibly deep massage. One of my favorite sessions is offered at The Ritz-Carlton in Orlando, Florida, where therapist Marlon delivers a memorable, and somehow gentle, deeper-than-deep-tissue massage. S.M.

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