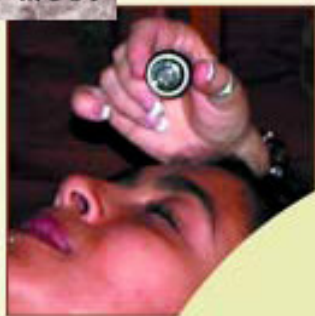


A La Mode



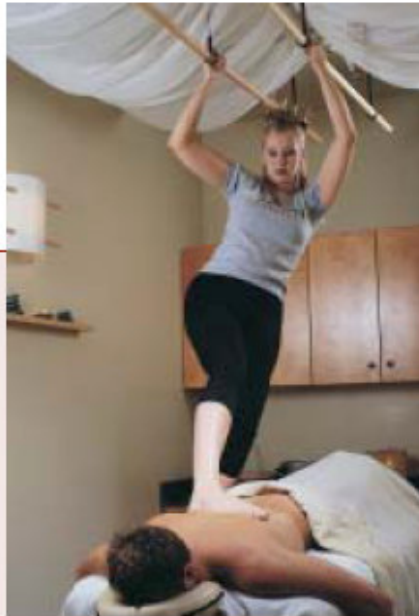
nifty new. services

By J. Elaine Spear



While there may be nothing new under the sun, there are always new ways to use Mother Nature's gifts. Spa owners across the country share services that are spicing up their menus without turning their basic offerings upside down. Here are their innovative offerings.

4. Ashiatsu
Sensia Studio
& Japanese
Day Spa
Houston, Texas
1 hour, \$100



Ashiatsu—commonly referred to as Ashiatsu Oriental Bar Therapy—is performed with the therapist standing over the client, holding on to parallel bars that are suspended from the ceiling. It was originally practiced by Buddhist monks in China, Thailand and Japan. Ashiatsu therapists work with their body weight and foot pressure to perform smooth, flowing, gliding movements. “At our day spa, our Ashiatsu service is performed with the client lying face down,” says Cynthia Christ, owner. “When this portion of the massage is complete, we have the client turn over and finish the treatment with a warm stone massage.”

Christ decided to include this massage discipline on her menu after receiving an Ashiatsu Oriental Bar Therapy herself. “Right after my first session, I felt like I was an inch taller,” she recalls. “The next day, I could hold my yoga positions longer and better than I ever had before.” She also reports that Ashiatsu has been an extremely popular service since it was first introduced and has proven to be the ideal service for male clients who want deep tissue work. Says Christ, “It gives them all the relief they crave, while saving the hands of our therapists. In fact, our therapists relate that a perfect workday consists of alternating Ashiatsu services with traditional massage.”