

REST, RECOVER, & REPAIR: DEEPER SPORTS MASSAGE FOR SAN ANTONIO ATHLETES



Healing Sole Barefoot Massage & Yoga is celebrating our 1 year anniversary here in Alamo Heights!

Known for our "Deeper than Deep Tissue" barefoot massages,

Healing Sole has been in business since 2002. Our new home in the Carousel Court shopping center has helped us to grow from 2 massage therapists to a talented team of 6, and we added yoga, with over 20 yoga classes a week.

The massage therapists at Healing Sole specialize in Ashiatsu, an effective style of bodywork for treating and preventing many types of injuries: the massage therapists just happen to use their feet to do the massaging! Healing Sole is the only place in Texas to learn Ashiatsu, with over 100 massage therapists a year training here, the best of the best are on staff ready to massage you!

The deep, broad based pressure from their highly trained feet assists with rest, recovery, & repair of your muscle tissue, and creates a positive structural change in acute or chronic soft tissue injuries. The sustained, deep level of consistent compression of each muscle helps to provide fast acting and long lasting results, significantly resolving pain that would otherwise hold you back.

"Hurts so Good" not "No Pain no Gain." Ashiatsu allows for pain-free, bruise-free pressure on the deeper layers of muscles and connective tissues as we break up adhered scar tissue and create space for glide and movement. Because we are combining athletic massage techniques with trigger point, deep tissue, myofascial release and relaxation massage, we go just as deep and detailed as expensive sports injury treatment practitioners, but the broad surface of our foot diffuses the intense pokey sensations, without lessening our ability to work with the same focus. The added bonus is that you leave feeling refreshed, relaxed, and ready to tackle your next goal.

Combined with the benefits of an active yet mindful yoga practice, our clients are building their body awareness and cultivating a healthy lifestyle through the modern "mediZEN" offered here at Healing Sole. We work with endurance runners, cyclists, swimmers, crossfitters, high intensity fitness gurus, yogi's, and you!



1864 Nacogdoches, 78209

210.560.1992

HealingSole.com