

STAGE HANDS MASSAGE

Provides Therapeutic “Heeling” Backstage

“I can’t tell what feels better, your feet or your hands!” “Kudos to you and your Ashiatsu technique! I feel great!” “That was BEYOND the BEST massage I have EVER had!” These are some of the comments that Darcy Lynch, owner of Stage Hands Massage Therapy, hears as she takes a therapeutic stroll down the backs of some of the biggest names in Rock N’ Roll.

Founded in 2005, Stage Hands Massage Therapy provides body working services to touring bands worldwide. The services provided include massage, chiropractic care, acupuncture, yoga, pilates, esthetics and personal training. But it’s Darcy’s fancy footwork that has set Stage Hands Massage apart from the competition, and has the music industry coming back for more.



Darcy Lynch, Stage Hands Massage Therapy backstage at Rascal Flatts



Darcy’s unique approach to deep tissue massage is called Ashiatsu Oriental Bar Therapy. She performs the massage using her feet while holding onto overhead bars for balance and support. By using her heel, instep and toes, this massage delivers constant, deep pressure to the whole body. “I find this treatment is more effective than traditional deep tissue and covers more area of the body than the hands. Pressure is not only incredibly deep, but is given at a much slower pace and is so smooth that even the body has no choice but to relax. Clients have told me it’s a life-changing massage treatment.”

Clients will experience improved posture, pain relief, intense relaxation, and structural changes to chronic soft-tissue damage.

The Ashiatsu portable bars fold up into a ski bag and can be assembled in about 20 minutes, taking up the same amount of space backstage as a massage table. The only critical space requirement is that the height of the

ceilings at the venue needs to be at least eight feet, but this treatment is well worth the wait and the space!

No stranger to the performance industry, Darcy feels at home among touring musicians. She is the daughter of Ron Lynch, a member of the 1960s pop group The Cascades, who had the hit song, “Rhythm of the Rain”.

“I grew up with Rock N’ Roll. I know that musicians lead tough lives on the road and many of them work as hard as professional athletes. I can see past a performer’s aura, and once they are face down on the table all I feel are their issues, and I get right to work.”

Formerly a producer for the Discovery Channel, Darcy also understands the pressure, needs, and concerns of managing national and international productions. As a result, the Stage Hand’s team is comprised of licensed and

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insured professionals who put “their best foot forward” to deliver the best quality treatments in the industry, and strive to do all they can to make the lives of performers and crews more comfortable on the road.

“Many of our therapists are cross-trained in a variety of modalities...for example, chiropractic and massage, acupuncture and massage, or yoga and massage. We can provide the right combination of skills based on the artist’s wants and needs. A tour can book Stage Hands’ services in every city on their tour, in select cities, or even take a health care professional on the road.” ☺