

THAI MASSAGE

Traditional Thai Yoga massage is an ancient form of therapeutic healing. Its roots are in India from where it was brought to Thailand over 2000 years ago by Ayurvedic doctors and Buddhist monks. It combines acupressure, energy balancing, stretching and applied yoga exercises. Traditional Thai Yoga massage is a unique and powerful massage therapy.

In Thai Yoga massage the word "massage" does not mean the same thing as it is understood in the typical western usage. In the west "massage" means a "rub down" and refers to techniques derived from Swedish Massage and regular Massage Therapy. "Thai Massage" is completely different! It is a healing art.

Thai Yoga Massage combines gentle, Yoga-like stretching with massage of the muscles, tendons, pressure points and energy lines, or *meridians*.

The pressure used can be varied according to your preferences, so be sure to tell your masseuse what type of pressure you prefer so that the masseuse can get the necessary body leverage needed for the stretches and Yoga-like positions used in Thai Massage. Depending on the needs of the client, Thai Massage may also employ the use of elbows, knees and feet in addition to the hands.

Traditionally, oil is not used in Thai Yoga Massage and comfortable clothing is worn throughout the massage.

Thai Massage integrates a variety of procedures that can sometimes take up to 90 minutes. In Thailand, massages of two-hours or more are not uncommon.



**For more information you can contact Christy Carlson, LMT at (239) 777-2475
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