

THAI YOGA MASSAGE

Thai Yoga Massage is a dynamic and comprehensive full body treatment which aims to harmonise the physical, energetic and emotional body. It is the quintessential holistic treatment. Using Hatha Yoga poses combined with pressure along the Sen energy lines it can relieve muscular tension, improve circulation, boost the immune system and encourage balance throughout the body whilst being deeply relaxing. This ancient practice is a perfect remedy to the pressures of modern living.

What to Expect

Thai Yoga Massage is performed on a mat on the floor. Both client and practitioner are dressed in comfortable clothing allowing ease of movement and flexibility. The therapist guides the client through Hatha Yoga poses whilst using hands, fingers, arms and feet to exert pressure on the Sen energy lines. By removing any blockages, the therapist facilitates the flow of energy freely through the body restoring balance and harmony. Blockages can cause aches, pains and disease. A session should last between 1 ½ hours to 2 hours in length. Thai Yoga Massage does not require you to be flexible, athletic or strong, or have any knowledge of on yoga practice. Each treatment is designed to suit client needs.

Benefits

- Reduces stress and creates a feeling of inner peace
- Improve posture
- Improve breathing
- Improve flexibility
- Aids digestion
- Improves circulation
- Muscles and tissues are stretched and toned
- Emotional and nervous tension is reduced
- Relieves muscular and joint pain

Aftercare

Following the treatment, it is advised to drink plenty of water, and avoid alcohol for at least five hours. It is also recommended that clients should allow some time for relaxation following treatment. Some clients feel relaxed or even sleepy; allow your

body to lead you and if you feel you need to rest allow yourself to do so. In some very rare cases, the release of toxins may cause some flu-like symptoms, this is known as a healing crisis. In the unlikely event of you having a healing crisis the symptoms should clear in a few hours following which you should feel amazing. It is also possible that clients feel an increase in energy levels directly after the treatment.

Contraindications

Thai Yoga Massage is not suitable or recommended if the following exist:

- severe heart or serious health problems
- pregnant
- fever
- contagious disease
- open wounds or abrasions on the feet or legs
- broken bones

Check with your GP or consultant before arranging a treatment if you have any concerns.

Colds and Flu shouldn't be shared, please be kind and reschedule your appointment for a later date.

It is advised that you avoid consuming alcohol for at least five hours before treatment.