

Bonne Santé

Therapy Centre

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THAI YOGA MASSAGE

Thai Yoga Massage is an ancient form of massage originating over 2,500 years ago from Indian Hatha yoga traditions. Thai Yoga Massage helps the body maintain a free flow of energy by working to release blockages within the energy system. Working on energy lines with a massage of stretches and acupressure can break these blockages and balance the energy body. This in turn eliminates toxins, supports the immune system, helps to increase vitality and can relieve pain. Thai massage can increase flexibility, relieve muscle and joint stiffness, improve circulation and boost immunity. Thai Massage is a very effective therapy for a variety of conditions including back pain, sciatica, knee pain, and shoulder pain to name a few.

Thai massage is applied though light clothing on a futon mattress. All the important energy lines are worked whilst moving the body through sequences of gentle yoga based stretches. Bending, kneading and acupressure techniques are applied with the therapist using thumbs, hands, feet and elbows for a full body experience. Thai yoga massage is suitable for most people irrespective of age, fitness or flexibility.

A Centre of Excellence for Complementary and Alternative Therapies and Beauty Treatments in Comfortable and Relaxing Surroundings for Male and Female Clients