

# Traditional *Thai Massage*

Traditional Thai Massage is a 2500-year-old technique for relaxing the body and quietening the mind. It can help to relieve many physical problems such as back pain, tense shoulders and neck, stiffness, poor posture, indigestion and sciatica as well as more mental problems like stress and lethargy.

## **Real Thai Massage soothes, cleanses and energises the body:**

Because authentic Thai Massage treats the whole body in a holistic way (physically, emotionally and spiritually), an all-encompassing sense of well-being can be achieved.

Physically - Thai Massage alleviates stress, tension and pain and releases harmful toxin build-up. Muscles and joints feel freed and invigorated.

Emotionally - Thai Massage clears the

channels that supply natural energy flow to the body. This leads to sense of calm, fulfilment and clarity of thought.

Spiritually - By slowing your thoughts and relieving tension, pain or tiredness, Thai Massage reconnects you with your strong and reflective inner self.

## **Thai Yoga Massage**

Thai massage is also known as Yoga massage which works to clear energy blockages and restore balance and harmony in the body. The practice combines typical western therapy including myofascial release and trigger pain release with light stretches similar to that of yoga. This helps to strengthen the body and increase flexibility.

## **Thai Aromatherapy Massage**

This is one of the most popular massage therapies. Aromatherapy is the art of

using natural plant essences to relax and balance the body by blending essential oils of plants into massage oil to enhance healing effects on a holistic basis.

## **Thai Feet Reflexology**

Reflexology is the massage of the feet using pressure points to stimulate nerve endings and energy flow throughout the body.

By massaging points that reflect different internal organs, muscles and joints, the therapist encourages the body natural regeneration.

## **Hot Stone Massage**

Another form of massage by placing hot stones on the body.

The heat from the stones release the tensions built in all the joints and increase blood flow which then revitalises all the organs with a sense of well being.

## **AYURVEDIC HERBAL CLINIC LTD.**

**218 MELTON ROAD, LEICESTER, LE4 7PG. U.K.**

**Whatever your health problems contact  
Europe's one of the top Ayurvedic Dr. Kanu Patel.**

**For private consultation, treatment,  
research work, charity work and seminar.  
Operating throughout U.K. Europe and India.**

**કોષ્ઠપણ જાતના દરદો માટે કવૉલીકાઇડ આયુર્વેદિક  
ડૉ.કનુ પટેલ ને આજેજ ફોન કરો**

**For more information and advice ring  
AYURVEDIC HELP LINE (24 Hrs)  
Tel: (0116) 266 3939 Fax: (0116) 221 0217**

**www.ayurvedicherbalclinic.co.uk  
Email: ayurvediccourse@aol.com**

**M o b i l e : 0 7 8 0 1 0 2 7 5 7 1**