



El Aephau

Massage Therapy

MODALITIES

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Thai Massage

Thai massage is a type of massage in Thai style that involves stretching and deep massage. This form of bodywork is usually performed on the floor, and the client wears comfortable clothes that allow for movement. No oils are used in Thai massage. It is known in Thailand as "nuat phaen boran", literally, the ancient-manner massage.

The massage practitioner leans on the recipient's body using hands and usually straight forearms locked at the elbow to apply firm rhythmic pressure. The massage generally follows the Sen lines on the body—somewhat analogous to meridians or Channel (Chinese medicine) and Indian nadis. Legs and feet of the giver can be used to fixate the body or limbs of the recipient. In other positions, hands fixate the body, while the feet do the massaging action. A full Thai massage session typically lasts two hours or more, and includes rhythmic pressing and stretching of the entire body; this may include pulling fingers, toes, ears, cracking the knuckles, walking on the recipient's back, and arching the recipient's into bhujangasana or (cobra position). There is a standard procedure and rhythm to this massage.



The massage recipient changes into loose, comfortable clothes and lies on a mat or firm mattress on the floor. It can be done solo or in a group of a dozen or so patients in the same large room. The receiver is put into many yoga-like positions during the course of the massage.

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