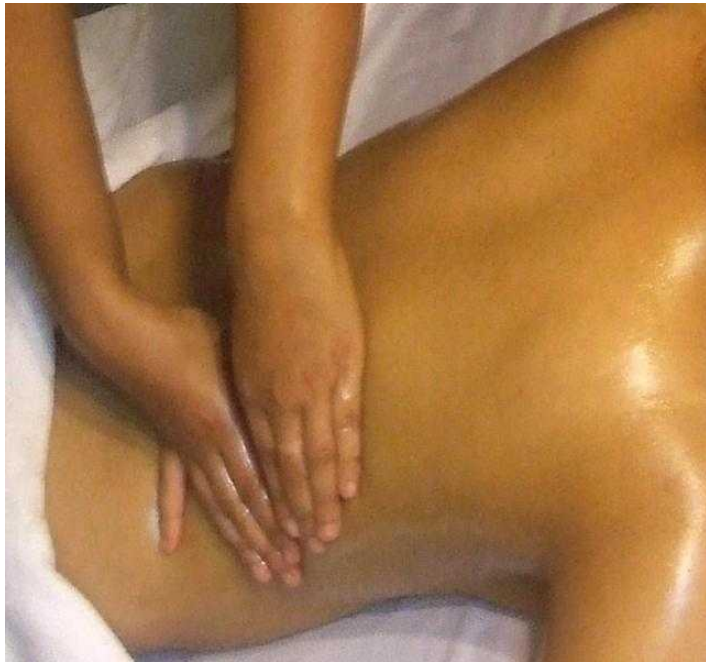


Traditional, Professional Thai Massage Therapies



Location

East Midlands, Leicestershire

<https://www.freeadsz.co.uk/x-440698-z>



Professional Highly Qualified Thai Massage Therapist, offering the following types of massage.

Traditional Thai Massage Thai Foot Massage Deep Tissue Massage Swedish Massage Our rates for all types of massage therapy are: £25 for 30 minutes £40 for 60 minutes £55 for 90 minutes £70 for 120 minutes. **Traditional Thai Massage** Thai massage is the ancient healing therapy. It is a full body treatment combining acupressure techniques with deep yoga-like stretches. Which can open the joints, can improve flexibility, Relieve stress, Relax the body, Restore the natural flow of energy within. This massage is performed on a mat on the floor using a combination of hands, feet, arms, elbow and knees to work the body. (no oils are used) This massage is performed in loose, comfortable clothing, which can be supplied by us if required. **Deep Tissue Massage** Deep tissue massage is a type of massage therapy that focuses on realigning deeper layers of muscles. It is used for chronic aches and pain and contracted areas such as a stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders. Some of the strokes are the same as those used in classic massage therapy, but the movement is slower and the pressure is deeper and concentrated on areas of tension and pain in order to reach the sub-layer of muscles and the fascia (the connective tissue surrounding muscles). **Swedish Massage** Swedish Massage is used by people for a variety of reasons. Some use it to simply relax and unwind, while others have regular massage to help them manage or cope with specific physical, mental or emotional problems. Many aspiring and professional athletes have massage before and after training and competing, in order to stay in optimum condition and aid recovery. **Thai Foot Massage** Ancient Thai foot massage (Nuad Pan Boran) is a holistic healing technique that provides relaxation, balance in the body's various systems, and healthy blood circulation. It is known as a therapy to foster general good health and mental serenity.

Crystals of calcium and uric acid (toxic wastes) that have built up are dispersed. Enhanced flow of blood and lymph tend to improve any congested body and any ailments are relieved. The immune system is stimulated, the body is refreshed and the mind freed of stress. Before any Thai massage it is advised to avoid heavy meals and alcohol in the days before the treatment and to drink plenty of water after the massage. It is recommended that you should not have a Thai massage if you have had recent surgery or have artificial hip or knee joints. **PLEASE NOTE:** We offer strictly professional massage services only, so please do not ask for any additional services, as this will only embarrass the both of.



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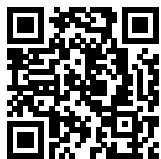
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