

Thai Massage Leicester



Location **East Midlands, Leicestershire**
<https://www.freeadsz.co.uk/x-484475-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.

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Deep Tissue Massage is performed on a mat or floor, using a combination of hands, forearms, elbows, and knees. The therapist uses deep, slow strokes to reach the deeper layers of muscle and connective tissue. This type of massage is used to treat chronic muscle pain and tension, and is often used in conjunction with other types of massage therapy. It is a good choice for people who have been injured or who have chronic pain. It is also a good choice for people who want to improve their flexibility and range of motion. Deep tissue massage is a good choice for people who want to improve their circulation and reduce their stress levels. It is a good choice for people who want to improve their sleep and reduce their anxiety. Deep tissue massage is a good choice for people who want to improve their overall health and well-being.

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.

Before any type of massage it is advised to avoid heavy meals and alcohol in the few hours before your treatment and that you 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.

For more information - [Search Thai Massage Enderby](#)

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.