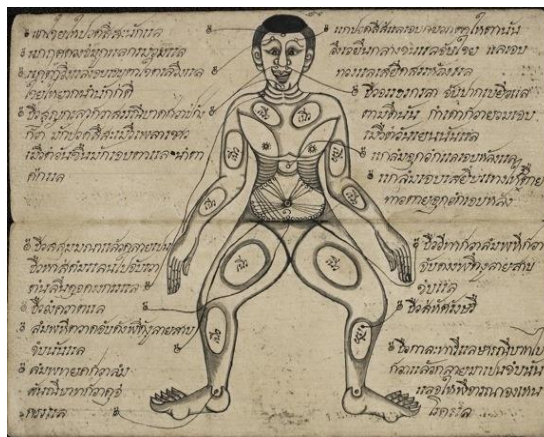


BENEFITS OF THAI MASSAGE



- Improved circulation
- Improved energy flow throughout the body allowing balance
- A deeper connection with your body
- Stress relief
- Relaxation



What is Traditional Thai Massage?

Thai Massage takes the concept of energy lines within the human body called Sen. They are invisible energy pathways similar to Nadi channels in Yoga and acupuncture meridians. There are 72000 Sen in this system of the acupuncture meridians, but in practice 10 main ones are being used.

There is a saying: "Young tendons - young, healthy body". When the tendons are flexible, bone structure is smooth; muscles are flexible, as they do not put pressure on arteries, veins, meridians, nerves, or lymphatic strings. This allows all layers of the body to be nourished properly and therefore function well. (WORD BY MASTER MANTAK CHIACREATOR OF THE UNIVERSAL HEALING TAO SYSTEM) www.tao-garden.com/

THERE ARE TWO TYPES OF TRADITIONAL THAI MASSAGE

1. ROYAL THAI MASSAGE was used in the Royal Palace. It is a Thai healing art and, in the past, was used only with the king and his relatives. The masseur or masseuse uses strong finger tips to apply deep pressure along key energy lines. Some may find this a bit intense but it provides the most therapeutic benefit to treat muscle tension and is very relaxing afterwards.

2. THAI FOLK MASSAGE has been used between Thai people for a thousand years. Hands, palms, elbows, knees and feet are used with bending and stretching in yoga postures.

At DTM Biel we combine the best of royal Thai massage and Thai folk massage in our traditional Thai massage session. For the complete Thai massage experience, please request a 90 Minutes session, combining traditional Thai massage and Thai foot reflexology.

What do I wear during a Traditional Thai Massage?

A loose-fitting top and pants.

All recipients are fully clothed



Traditional Thai Massage Services please contact

More information about DTM Biel

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