

THAI MASSAGE



[\(Other types of massage\)](#)

Thai Massage introduction

Thai massage is a very ancient practice, dating back to over 2,500 years ago and originating from India.

Thai massage is a combination of stretching, passive yoga movements and gentle pressure on the body's energy points along the energy meridians. In order to receive Thai massage, the person being massaged lies on a thin mat on the floor, fully clothed with light comfortable clothing. The masseur uses his/her hands, feet and elbows to stretch the receiver's body into yoga positions and to apply pressure on the energy points. Thai massage is usually done in silence, because it is also a sort of meditation for both the giver and the receiver. Thai massage can last from ninety minutes to two hours and it is done without oils.

Thai massage is good to draw toxins away from the body, especially from muscles, joints and connective tissues. It is also good to relax, improve flexibility and help healing the internal organs, thanks to the pressure applied on the body's energy points.

Thai massage schools

There are several Thai massage's schools in Thailand, but the best known in Thailand and abroad is WatPo Thai Traditional Massage School, which is affiliated of WatPo Traditional Medical School. WatPo Thai Traditional Massage School is located in Bangkok, in the WatPo temple and there it is possible to learn Thai massage, foot massage and other types of massage, such as oil massage or baby massage. It is also possible to go to WatPo Thai Traditional Massage School just to receive a Thai or foot massage.

WatPo Thai Traditional Massage School is the headquarters of the Southern lineage of Thai massage.

Another important institute in the north of Thailand is the Shivagakomarpaj Institute, a traditional medicine hospital in Chiang Mai. The Shivagakomarpaj Institute is the headquarters for the Northern lineage of Thai massage and blends together traditional Thai massage, with influences from the local hill tribes.

Northern and Southern lineages of Thai massage differ only slightly, some practitioners mix the two and also it needs to be remembered that each practitioner has his/her personal unique style.

Herbal compress massage

Herbs are an important part of traditional Thai medicine and they can be used in conjunction with a Thai massage. Compresses containing herb are heated in an herbal steamer and applied to the receiver's body during the massage. These hot herbal compresses combine the soothing and relaxing effect of heat on the muscles, with the medicinal properties of herbs.

Thai Herbal sauna or steam room

Herbal saunas are especially used in massage clinics in Chiang Mai, where, after the massage, the client is directed to a sauna or steam room, in order to relax the muscles after the massage and get read through sweating of the toxins that the massage helped to release.

Written by Valeria Lo Iacono, a writer for wellnessandsauna.co.uk including about [Massage Therapy](#). If travelling to Thailand for a Thai massage, you can find [Bangkok cheap flights](#) online for good deals.