

## Thai Massage

Traditional Thai Massage is a therapeutic technique that dates back over 2,000 years.

Traditional Thai medicine is a natural, holistic approach to health and well-being which includes proper nutrition, physical exercise, the use of medicinal herbs and therapeutic massage. Today, Thai massage has evolved to help treat life's modern ailments, stresses and strains.

Just one session will help ease any aches or pains and leave you feeling deeply relaxed.

Many clients find they get the greatest benefit from regular sessions as they feel their joints loosen and become more flexible from the deep tissue massage, joint and muscle stretching.

## You're in expert hands

I was trained in Thai Massage in my home country of Thailand. I have extensive experience including over 10 years working at the spa of the Four Seasons Hotel - one of the best 5 star hotels in Bangkok, Thailand.

I then went on to successfully run my own spa and beauty salon for 5 years, training my own staff to the same standard they would be expected to work to in a 5 star hotel, before moving to England

I have helped clients suffering from muscle strain and pain caused by golf and sporting injuries and work related injuries. As well as helping people relax, de-stress and unwind.

## Other

Thai massage is not suitable if you are pregnant or suffering from any contagious skin disorder. Please give us full details of any health conditions before your treatment. You should consult your doctor if you have any concerns as to your suitability for massage.

Please wear Loose fitting / flexible clothes

## Opening Times

Monday - Friday 9.00 - 18.00

Saturday 9.00 - 17.00

Please give us 24 hours notice if you need to cancel or change your appointment

To book your treatment, call us on:

**01924 278631 or 07921 223513**

## Special Offer

Combined Steam and Thai  
Aromatherapy Massage

only £50

[www.thaitorelax.co.uk](http://www.thaitorelax.co.uk)

2 Seemore Arcade, Towngate, Ossett, WF5 9BN



Thai to  
**RELA** 

**01924 278631**

Relax and revive your mind and body  
with traditional Thai massage therapy  
and beauty treatments

## *Traditional Thai Massage*

**60 minutes - £45**

Thai traditional massage is a deep, full body treatment and is both stimulating and relaxing. It combines rhythmic massage, accupressure and stretching techniques to release the flow of vital energies and restore your body's natural balance.

It is particularly good for releasing stress and tension, and calming your mind. It leaves you feeling sublimely relaxed, refreshed and energised with a deep sense of well-being. Other benefits include relief from constipation, IBS, headaches and back, shoulder and neck pain. It helps improve blood circulation and flexibility and eases stress, anxiety and insomnia.



## *Thai Aromatherapy Massage*

**60 minutes - £40**

Thai Aromatherapy Massage is a full body massage with aromatherapy oils. It is very calming and relaxing. It can help improve circulation and reduce stress, tension and depression.



## *Thai Foot Massage*

**60 minutes - £30**

Thai Foot Massage concentrates on your lower legs and feet. It involves hands on stretching and massaging to open up Sen (energy) lines. A stick is also used to stimulate the reflex points on the feet that relate to different areas of the body.

It helps improve circulation and provides stress relief and restore the body's natural balance.



### *Signature Treatment*

## *Full Body Thai Herbal Massage (Luk Pra Kob)*

**90 minutes - £55**

This deeply warming treatment purifies the skin and is especially good for deep-seated muscular pain and tension. A special therapeutic blend of Thai herbs are wrapped in a compress, steamed and applied to the skin. The combination of the healing properties of the herbs and heat bring additional benefit to this massage.

### **The Benefits**

- » Relieves backache, muscle pain, cramps and numbness
- » Deeply relaxing, soothes stiffness and tension
- » Alleviates swelling and inflammation of muscles, tendons and joints
- » Stimulates and improves blood circulation
- » Aids restful sleep
- » Revitalises the skin and promotes detoxification
- » Balances the mind, body and spirit



## *Thai Facial Massage*

**45 minutes - £25**

This facial is suitable for all skin types. A solution made from honey is massaged into your face to relax and revitalise your skin. Your skin is left feeling refreshed and deeply cleansed and then massaged with a cream replenishing masque and moisture.

It helps improve your complexion, relieves stress, detoxes the skin and helps deter and delay wrinkles and the signs of ageing.



## *Aromatherapy Steam Tent*

**20 minutes - £15 / 3 sessions for £40**

An individual steam tent for the body is fastened around your neck to seal in the herbs and essences dissolved in the steam, nurturing your skin with vitamins and natural goodness.

It helps aid relaxation, improves circulation and detoxes the body.



## *Indian Head Massage*

**60 minutes - £35**

Indian Head Massage works on areas affected by mental and emotional stress. In Western culture today we spend much of our time in our heads, so this treatment can really help to calm the mind and is surprisingly deeply relaxing.

Working with a firm and gentle rhythm, it helps to relieve muscular discomfort and tension as well as calming the spirit. It improves circulation in the head, enhances the senses and promotes clear thinking.