

# Thai Foot Massage

## What is Thai Foot Massage?

**Thai Foot Massage** originates from Thailand, where massage has a long history, stemming from Buddhist healing traditions.

This form of therapy is a great antidote for tired, achey legs and feet.

Thai massage is a combination of:

- Soft-tissue work.
- Acupressure.
- Yoga-type stretches.

## Thai Foot Massage:-

- Focuses on the lower legs and feet.
- Combines massage with work on the reflex points.
- Is carried out while the client lies on a massage couch.

This massage also works the *Sen* energy lines (similar to meridians in Chinese acupuncture and acupressure techniques).

A 20 or 30 minute session can invigorate the whole body, reduce stress and harmonise body and mind.

## Suitability

Thai Foot Massage is not suitable for people with:

- gout
- gangrene
- athlete's foot
- fungal infection of the toe nails
- verrucas or corns
- very low blood pressure
- epilepsy but can be treated
- a recent injury, e.g. a broken bone
- open wounds on feet or lower legs

## Advice

- remove glasses and jewellery before treatment. This will let the energy flow freely
- please advise the therapist if, at any time, they use too much pressure

## Aftercare Advice

- If you are diabetic check your blood sugar levels
- rest if necessary
- drink approximately 2 litres of water daily; this reduces headaches, lethargy and digestive problems
- avoid stimulants such as tea, coffee, alcohol and nicotine
- eat light meals