

## MASSAGES

### THAI ACUPRESSURE – ON THE TABLE OR A FUTON

Combinations of acupressure points intended specifically for certain chronic and painful conditions caused by musculoskeletal imbalances and deviations, which decrease or block circulation and often cause nerve compression.

### THAI MASSAGE – ON A FUTON

There is a dynamic and static version of the treatment, with focus on releasing blockages in the body, opening energy lines and restoring the full range of motion.

### PRENATAL MASSAGE – ON A FUTON

Thai massage for pregnant women, supporting them in whichever stage they are in their pregnancies.

### POSTNATAL ABDOMINAL MASSAGE – ON A FUTON

The purpose of the treatment is to reposition the reproductive system organs and to work on scars/trauma.

### WOMEN'S HEALTH – REPRODUCTIVE ORGANS – ON A FUTON

An abdominal massage focused on the health and issues related to the female reproductive system; planning a pregnancy (difficulties conceiving), painful periods, irregular periods, incontinence, a general increase in the basic level of energy.

### LUNG / ASTMA DETOX – ON A FUTON

A dynamic massage that completely relaxes the intercostal muscles, diaphragm, thymus, sternum / completely deblocks the chest. Deblocks lymphatic circulation. As it drastically relaxes the chest, breathing is alleviated. This treatment is recommended to everyone, especially to persons suffering from asthma and smokers.

### DEEP MASSAGE OF THE PSOAS MUSCLE – ON A FUTON

Abdominal massage. We offer two types of psoas massage, depending on

the purpose of the massage. The idea is to relax this deep structural muscle and restore the ease and flow of movement, body posture or to reposition the internal organs. Also, the psoas muscle is where the emotion of fear resides, and the person being massaged often recognises and, at the physical level becomes aware of (suddenly remembers) the situation which has caused their condition, thus allowing themselves to work on releasing the trauma.

#### CNT (CHI NEI TSANG) I – ON A FUTON

Abdominal massage. A detox treatment of all internal organs. Supports spring and summer detox, cleansing of the body.

#### CNT (CHI NEI TSANG) II – ON A FUTON

Abdominal massage. Energy work on the abdomen. Work on the energies of the internal organs, work on tan tien (energy centre), navel, kidneys, solar plexus, heart.

#### LUNG / ASTMA DETOX – ON A FUTON

A dynamic massage that completely relaxes the intercostal muscles, diaphragm, thymus, sternum / completely deblocks the chest. Deblocks lymphatic circulation. As it drastically relaxes the chest, breathing is alleviated. This treatment is recommended to everyone, especially to persons suffering from asthma and smokers.

#### ABDOMINAL CHI DETOX – ON THE TABLE / ON A FUTON

A series of separate comprehensive treatments focusing on a particular organ/emotion/system:

Abdominal chi massage: Liver detox

Abdominal chi massage: Diaphragm detox

Abdominal chi massage: Pancreas & Spleen detox

Abdominal chi massage: Liver & Gallbladder detox

Abdominal chi massage: HT Heart detox

Abdominal chi massage: SI Small intestine detox

Abdominal chi massage: Lung & LI Large intestine detox