

Thai Massage

- Q. **I've had an oil massage whilst in Thailand, is this the same style of massage you provide?**
- A. *No, the oil massage is not traditionally practiced in Thailand; it came about through Western influences in recent years. I do not use any oils as the massage is through clothing. As there are many yoga style positions, the oil cannot be used for safety reasons!*
- Q. **I'm not very flexible, will the Thai massage suit me?**
- A. *Flexibility or the ability to move fluidly has no relevance to Thai massage. As you are not moving your body yourself, I am manipulating the joints and muscles, you will not need to do any work. If I feel that I have reached your point of flexibility then I will not push you any harder; even if you have only moved an inch. Remember, the massage is supposed to help your flexibility so you don't need to be a master contortionist in order to enjoy Thai massage!*
- Q. **I've heard that the Thai massage is very painful, is this true?**
- A. *I have indeed heard this comment many times, and mostly from visitors to Thailand. Firstly, as this is a very unique massage that Westerners are not used to, it is a little surprising at times as some techniques stretch muscles we have not used in some time. And on the other side, many Thai practitioners are not used to the fact that we are not used to these techniques, and therefore some over-stretching may happen. Secondly, I have been trained and continue to practise under the ethic that Thai massage should not be painful and therefore I am sensitive to people's needs.*
- Q. **What do I need to wear?**
- A. *Loose clothing which you feel relaxed in; for example, jogging bottoms and a long sleeve top.*
- Q. **How long does the massage last?**
- A. *2 hours from start to finish, therefore you may wish to leave 20 minutes or so in between any other appointments.*