

## THAI FOOT MASSAGE

All parts of the foot, lower legs and the hands are included in the treatment and involves hands on stretching, massage, stimulating reflex points and follows the Thai energy lines (Sen). It has elements of Shiatsu, Reflexology, Chinese massage and Yoga incorporated into the massage itself. The therapist assists the body through applied pressure which stimulates all the reflexes, nerve connections and energy pathways that extend from the feet to the rest of the body balancing the body, mind and spirit.

Thai Foot Massage could help to improve the functions within the body systems for health promotion by stimulating the circulatory systems of blood and lymph.

It may also relieve some problems such as constipation, asthma, gall bladder problems, cystitis, headache, renal disease, migraine, sinusitis and Stress

**£35.00 (45 mins)**