

Beat Your Blues with a Thai Massage

What sets a Thai massage apart from other massages is that it does not work on a particular organ or a couple of muscles, but strives to work on the whole body. The Thai massage is a form of bodywork that has developed from the Chinese practices as well as from the Indian Ayurveda. It works on the pressure points, energy lines and the basic body forces. Beat Your Blues with a Thai Massage There are 6 essential components of a Thai massage

1. Yoga

2. Exercise

3. Meditation

4. Reflexology

5. Acupressure

6. Healing art **How is it done** The normal time for a massage can range anywhere between 1-2 hours, and may even extend for 3 hours. A Thai massage is always given on a mat on the floor, there is no oil used and it is performed fully clothed. Before starting, the master recites a short chant that is said to help him focus his energy and concentration on the individual. The masseur exerts pressure on the energy lines which are called "sen." Pressure is exerted by the palms, thumb, fingers and feet. The points worked on are treated on a superficial level and not a specific level as in acupressure. They are used to induce relaxation. The thumb, finger or the palm movement is performed in circular motions. This is followed by some stretching movements, that are based on the yoga principles and increase the body flexibility as well as release body tension. At the end of the session the master will again repeat the chant as a cool down exercise Always remember that the masseur will never work on any bone specifically, especially the knees as they are considered to be very fragile and delicate. A Thai is best if your purpose is general relaxation and stress relief as the massage works on the whole body. Also, the pressure and the movements are very gentle and not taxing on the body. **Benefits** The benefits of a Thai massage are immense. It helps you maintain the energy and vitality of your body as well as keeps you stress free. Helps energize you on the whole Relaxes you Improves the blood circulation in the body Increases flexibility Balances the nervous system Gives relief form muscle pains Strengthens the body and the mind. So if you want to beat those blues, then a [Thai massage](#) is the best for you.

About the Author

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