

Thai Herbal Ball Massage

An effective treatment for sore, fatigued, and chronically tight muscles, and stiff and achy joints. Traditional Thai herbs, along with CBD Massage Oil are combined in one treatment to offer soothing anti-inflammatory properties. The herbs are collected in cloth balls soaked in hot water and applied directly to the skin. Legends speak about ancient Thai warriors using Thai herbal ball massage to soothe and recuperate their bodies after battle. Nowadays, it's still a great complement to a massage therapist's skill set.



Ingredients

- Lab+Blends 700 mg CBD Massage Oil..... ½ oz – 1 oz*

Setup Before Session

1. Soak 1 or 2 Herbal Poultices in water;
2. Set up Steamer with at least an inch of water near massage table/mat;
3. Set up 2 cloths/small towels per Herbal Poultice;
4. Set up a cup of additional water (optional, for longer sessions);
5. Turn the Steamer to 200F 10 minutes before application.

Session Time: 60 - 90 minutes

Recommended Price: \$90 - \$125

Cost Per Treatment: \$3.93 - \$7.87*
(cost of Poultices not included)

**Amount used and cost per treatment may vary depending on the total amount of product used on the client and the length of the session.*

BIOTONE®

Prone Bodywork – Client is draped with a sheet as for Deep Tissue

1. Palm Press into soles of feet;
2. Palm Press up legs and glutes;

Each side:

3. Apply herbal ball on foot and ankle (roll and circle);
 - To Lower Leg (Soleus, Gastroc, Fibularis, Tibialis Anterior and Posterior);
 - To Hams and ITB.

Back work:

6. Kneel on Glute Max and palm walk up the back 3-4 X;
7. Apply herbal ball on and along the spine, follow lines of fascia (first one side then the other)
 - To Ribcage and around Scapula, address Rotator Cuff muscles and their attachments;
9. Elbow or double thumb press immediately after Herbal application;
10. Apply herbal ball on the neck – may use both balls on either side;
11. Apply both herbal balls over the back (roll and circle).

Supine Bodywork – Client may be draped, or wear shorts/Thai pants, & sports bra

1. Traction legs and palm press legs to anterior iliac spine

Each side:

2. Perform Thai leg/hip stretches as needed;
3. Apply herbal ball over lower leg (medial and lateral) and knee joint;
 - To Quads and ITB;
 - To in Tree pose, over Adductors;
 - To Psoas and abdomen (OK over sheets).

Each side – Arm and shoulder work:

7. Traction arm, hold at wrist;
8. Work lines on forearms, wrist, and fingers (thumb circle);
9. Apply herbal ball on arm (medial and lateral);
 - To shoulder joint and Pecs

Neck work

11. Apply herbal ball over shoulder (Upper Traps, Levator Scapula, Suprasp.)
 - To over side of neck (Scalenes)
13. Apply 2 herbal balls under neck (Suboccipitals)
14. Traction neck;
15. Temporalis and Scalp circles.