



Thai It Together

Ease client's holiday stress with this treatment specially designed to integrate tired tissues. Rocking, compression and deep tissue Swedish movements are followed by Thai stretches in a protocol that has clients leave your office feeling relaxed, yet invigorated!

Ingredients

- Controlled-Glide Massage Creme 1/2 oz

Instructions

1. Begin session with client in a prone position.
2. Perform 3 to 5 minutes of gentle rocking and compression
3. Perform Deep Tissue Swedish on posterior body - Effleurage, petrissage, push-pull
4. Perform Thai Stretch movements
 - Anterior chest stretch
 - Rotate client's arms palms up, elbows straight
 - Anterior thigh stretch
 - Anterior hip twist
5. Have client flip to supine position
6. Repeat rocking, compression, and Deep Tissue Swedish movements to anterior body
7. Perform Thai Stretch movements
 - Hip Traction & Compression – straight leg & Bent Knee
 - Hip Rotation – internal & external
 - Spinal Rotation



Session Time: 45 minutes
 Recommended Price: \$55 - \$60
 Cost Per Treatment: \$0.64