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