



Thai Body, Yoga and Sports Massage with Wendy Waller

A relaxing yet invigorating massage originating in Thailand about 2000 years ago. It has elements of Shiatsu and Chinese massage energy lines run throughout the body Thai Body Massage is thought to stimulate and open these channels.

Thai body massage is performed through clothing lying on a mat techniques including stretching, massage, thumb, hand and foot pressure are used to stimulate specific acupuncture points. You will feel relaxed, balanced and invigorated.

Thai Foot Massage is a relaxing yet invigorating massage of the lower legs and feet originating in Thailand about 2000 years ago. It has elements of Shiatsu, Reflexology and Chinese massage. Thai Meridian “energy lines” known as Sen run throughout the body with specific points ending at the feet and hands. Obstruction of this energy flow is thought to be the cause of discomfort or illness and Thai Foot Massage is thought to stimulate and open these channels. During a Thai Foot Massage a special balm is applied, techniques including stretching, massage and thumb pressure and a stick are used to stimulate specific acupuncture organ reflex points on the feet. You will feel relaxed, balanced and invigorated.

Wendy also offer Sports Massage and Hot Stone Massage, weather and power permitting