

# BAAN THAI MENU

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## **BAAN THAI Traditional Massage**

An ancient form of massage unique to Thailand passed down through generations, is a blend of deep tissue massage using pressure points and stretching techniques to relieve muscle soreness, reduce stress, release tension, increase vitality and flexibility and improve blood circulation while invigorating and rejuvenating the body mind and soul.

## **BAAN THAI Aroma Massage**

A smooth pressure whole body massage, using a selection of aromatic massage oils. Using a combination of strokes and gentle massage allows the healing properties of these natural oils to penetrate into the skin leaving you relaxed and with a sense of well being, while relieving muscle soreness, stress and tension.

## **BAAN THAI Reflexology Foot Massage**

A very old therapy that links the reflex zones on the feet to specific parts of the body. Relief from pain, illness and stress comes by putting pressure on the appropriate reflex zones on the feet. Improves total body functioning.

## **BAAN THAI Tension Relief**

This massage relieves soreness and stress related tension. Concentrating on the neck, back and shoulders provides for a totally relaxed massage.