



Thai Herbal Ball Treatment Manual





Thai Herbal Ball Treatments

Introduction

Thai herbal balls (or *Luk Pra Kob* in Thai) are a method of treatment employed in traditional Thai medicine. The herbal balls can be a useful way to apply heat along Sen Sib Lines (similar to meridians in Traditional Chinese Medicine), acupressure points and joints. The Thai herbal balls are steamed and the warm bundles are then applied directly to the skin.

Thai massage is documented as far back as 3000 years and is believed to trace as far back as 5000 years. This ancient art has been used as a way of life for centuries in treating physical ailments, and more recently in enhancing relaxation, rejuvenation, and pleasure.

Preparation

1. Soak the herbal ball in water up to the handle, for a minimum of 3 minutes.
2. Place wet herbal balls in the steamer for a minimum of 10 – 20 minutes at 400 degrees.
3. Lower steamer temperature to 200 - 210 degrees so that it is producing a light steam.
4. Take special care that steamer is always kept filled with water. (Often water must be added halfway through the treatment.)
5. Using two balls allows for one to always have a hot ball ready – as one cools down during the treatment, the therapist simply exchanges as required.
6. We recommend the steamer be placed in a location convenient to the therapists reach, or on a stainless cart similar to those used in the medical practice.

Safety notes

- ✓ Follow steamer instructions above to avoid burning yourself.
- ✓ Take care when lifting the steamer lid to release the steam away from the body.
- ✓ The temperature of the Sa-wan Ball is very hot when first taken out of the steamer and cools over time.
- ✓ Ball handle can be very hot when lifting from the steamer; use wash cloth or tongs to grab handle when necessary.
- ✓ The ball is often very hot when retrieved from the steamer. A way to utilize this heat effectively is to “stamp” with rapid movements along the body, gradually working more slowly and detailed, as the ball begins to lose some of its heat. (Should not do this to the face.)
- ✓ Always test the temperature of the ball before applying to the client, whenever a new ball is retrieved from the steamer, and also during its use to feel the evolution of the heat of the ball.
- ✓ The temperature that the client experiences from the herbal ball, is related to the temperature of the ball, the time that it is touching a single point on the body, and the pressure with which it is applied.

- ✓ It is very important to instruct the client to inform you whether the ball is too hot at any time they feel such a sensation. It is also recommended to ask the client periodically during the treatment how they feel the temperature is.
- ✓ Do not initially apply herbal ball directly to the face, but start with the chest and neck and work your way up to the face.
- ✓ Avoid contact with the eyes.
- ✓ For pregnant women avoid massage and application to the abdomen.

Products & Ingredients

Thai Herbal Ball

The blend of herbs used in the Sawan herbal balls are the same recipe used by Thai healers for centuries and found at the famous massage school at Wat Po in Bangkok. These herbs are an everyday part of Thai life, and are used in traditional Thai healing for their rejuvenating and balancing effects. The herbs used and their corresponding benefits are:

Plai-Cassumunar Ginger, Phrai, (*Zingiber cassumunar*): The Rhizome (bulb) part of the plant is used. This plant has many well known attributes. Some include its ability to help bronchial symptoms like those associated with bronchitis, tuberculosis, asthma, or the common cold. These anti-inflammatory properties when applied topically have a deep soothing effect to any contusion, sprain, or inflammation of a joint or ligament. It also has antiseptic and toning properties for the skin, and soothes while healing.

Lemongrass, Ta khrai, (*Cymbopogon citratus*): The stem of the plant is used. Lemongrass has always been known not only for its aromatherapy values, but more importantly for the properties inherent in the lemongrass as an anti-inflammatory, when used topically for sprains, bruises and sore muscles.

Turmeric, Khamin, (*Curcuma longa*): The Rhizome and leaf part of this plant is used. Turmeric also has similar properties to its ginger relative. This herb has a cleansing effect on the skin that promotes healing. Its anti-inflammatory properties combined with antiseptic properties assist in healing bruises, joint pain, sprains, or muscle pain.

Kaffir Lime, Ma Kurt, (*Citrus hystix*): The leaves are what are used most often medicinally, and what are in the Thai herbal compress. These leaves are often used for treatment for colds, congestion, and have antioxidant properties. When applied topically to the skin, the astringent properties help to cleanse the skin and promote healing.

Camphor, Ga ra boon, (*Cinnamomum camphora*): The crystals that are derived from the gum of the tree bark are used from this plant. Camphor crystals are common in most Thai saunas, hospitals, health clubs, and spas. While camphor is known for its stimulating and dilating effects for the upper respiratory system, it also has a calming effect on stress, anxiety, and insomnia so it is listed as both a stimulant and a calmate. Topically, the crystals' anti-inflammatory and analgesic properties are perfect for muscle stiffness, sprains, strains, or swelling. The antiseptic properties again assist in the healing of any bruising of the skin, while promoting new skin growth.

Tamarind, Ma Khaam, (*Tamarindus indica*): The whole plant is used medicinally, although typically the leaves are used for topical remedies. When applied directly to the skin, the

astringent values draw out oils and cleanse and purify the skin, while the antiseptic properties soothe and heal the skin.

Curcuma Comosa, from the Zingiberaceae family: The bulb is used, especially to strengthen the muscle tissues of visceral organs. It has been used for centuries for the treatment of hot flashes, menstrual pain, abdominal pain and chronic pelvic disorders.

Shikakai, (Acacia Concinna): From the bark, leaves or pods, has been used for hair care in India for centuries. Shikakai means "fruit for hair." The bark contains high levels of saponins, which are foaming agents. Saponin-containing plants have a long history of use as mild cleansers.

Patchouli
Mango Ginger
Sweet Sage
Orange Skin



used for aromatic, relaxing and uplifting properties

Thai Herbal Facial Ball

Mango-Ginger ~ Curcuma Amada ~ This plant is similar to Turmeric. The Rhizome of the plant is used and it also has similar properties to its ginger relative. It therefore has many of the same anti-inflammatory properties to assist in healing joint or muscle pain.

Plai-Cassumunar Ginger, Phrai, (Zingiber purpureum rose): The Rhizome (bulb) part of the plant is used. This plant is known for the anti-inflammatory properties and when applied topically has a deep soothing effect. It also has antiseptic properties for the skin and soothes while it heals. It is very well known for its regenerating properties and leaving the skin 'soft and smooth' after each use.

Turmeric, Khamin, (Curcuma longa): The Rhizome, and leaf part of the plant is used. Turmeric also has similar properties to its ginger relative. This herb has a cleansing effect on the skin. The antiseptic properties soothe while healing. The anti-inflammatory properties combined with the antiseptic properties assist while healing the skin.

Kaolin (White Clay)

Kaolin is the mildest of all clays. This is one of the oldest cosmetic ingredients, and it has stood the test of time as it produces excellent results. This white powder is insoluble and has excellent absorbent qualities. These qualities gently draw out impurities and toxins and thereby clear the skin of excess oil, dirt, pollution and other waste materials, without stripping or irritation. It stimulates the organic processes in the skin, and acts as a re-mineralizer. It does not draw oils from the skin and can therefore be used on all skin types including dry skin.

(Cissus quadrangularis linn) ~ The root of this herb is used. This herb has high levels of vitamins A and C, calcium, and carotene. Not only does this herb have analgesic effects in reducing pain and inflammation, but it is also well known for its ability for regeneration of connective tissue and bone growth. It is known in medical industry as "the healer." It is also an anti-oxidant.

Wild Ginger ~ (Curcuma xanthorrhiza roxb) The Rhizome of this plant is used. Wild Ginger is best known for its anti-inflammatory properties and anti-oxidant characteristics. It is best

suited for its ability to help with inflammation, while at the same time protecting our skin from the pollutants and the surrounding environment.

Pueraria mirifica – *Kwao Kruo Kao* ~ The Rhizome of this plant is used.

The active ingredient found in this herb is a phyto-estrogen that our body readily accepts like no other on the market today. This allows for remarkable results in anti-wrinkle properties as well as firming and toning of the skin. This unique herb has been used by Thai women for hundreds of years.

Mulberry - *Bai Mon (Morus alba linn)* The bark and leaves are used.

This herb is mostly known for having it as a “tea” and using to help with stomach trouble or to relieve stress. It is also known however for its anti-oxidant qualities, astringent qualities, and antiseptic characteristics thus allowing it to draw out impurities and soothe while healing.

Water Spinach - *Ipomoea aquatica forsk alsa* – entire plant is used

This herb is well known for its astringent values and its ability to draw out toxins and impurities. It is also loaded with Vitamins B and C, is a wonderful anti-oxidant, and provides a nice barrier against pollutants in the environment.

White Turmeric - *Curcuma zedoaria (berg) rosc.* The Rhizome is used.

This herb is well known for improving not only blood circulation but energy flow or “Ch’i.” It is also has anti-inflammatory properties, analgesic properties for reducing pain, and anti-oxidant properties to provide protection to the skin.

Lemongrass, *Ta khrai*, (*Cymbopogon citratus*) The stem of the plant is used. Lemongrass has always been known not only for its wonderful aromatherapy values, but more importantly for the properties inherent in the lemongrass as an anti-inflammatory.

Therapy Benefits

The stimulation of pressure points on Sen lines opens the body's energy pathways, allowing healing energy to flow. The blend of herbs used has a therapeutic, relaxing, and invigorating effect on the body and mind, while also soothing sore and over-worked muscles. They can also be used to relieve sprains, strains of muscles and tendons, sinus pressure, migraines, stiffness in the joints, inflammation and to stimulate circulation.

The Swedish techniques improve localized circulation and initiate the relaxation response as well as targeting specific muscles for release of trigger points and adhesions. The Thai stretches keep ligaments, tendons and muscles limber, improving the flow of lymph and overall circulation.

Contraindications

All the same contraindications apply as those for massage therapy, and in addition the following points need to be taken into consideration as possible contraindications due to the application of heat in the herbal ball techniques: hypertension, high blood pressure, diabetic peripheral neuropathy, first-trimester pregnancy and any allergies or sensitivities to the herbs used. Although this treatment does not constitute a systemic or immersion exposure to heat, it can still be quite stimulating and caution is advised.

Safety: Always test the heat of the balls on your own skin before applying to a guest. Exercise caution when lifting the lid off the steamer as it may drip hot water. Wrap the stem in a cloth to protect your hands from the heat. Remove excess water from ball prior to application.

Notes on Technique

Stamping – first technique used, adjusted from very rapid to slower as herbal ball cools

Rocking – a steady downward pressure applied to the area while rocking the herbal compress back and forth, usually moving in one direction (toward the heart in most areas)

Rolling – a steady downward pressure applied to one area while rotating the herbal compress in a circular motion

Steady Downward Pressure—downward pressure applied to one area while holding the herbal compress steady (used after the ball has cooled considerably, usually after 3 minutes)

Dragging – steady downward pressure is applied while dragging the herbal ball along an acupuncture or sen lines; improves blood flow and lymphatic drainage

Thai Herbal Ball Experience Protocol

Thai Herbal Ball Experience

80 minutes

The Thai herbal ball massage originates from Thai herbal medicine and dates back centuries. This massage features authentic hot herbal balls direct from Thailand, aromatherapy massage, stretches and a stimulating scalp massage that will soothe tired, aching muscles and leave you stress-free and on your way to paradise.

SUPINE POSITION (FACE UP)

NOTE: Starting the Treatment: The ball is often very hot when retrieved from the steamer. A way to utilize this heat effectively is to “stamp” with rapid movements along the body, gradually working more slowly and detailed as the ball begins to lose some of its heat, before working on an application that is STATIONARY or requires slower application.

Place the ball on towel as it comes out of the steamer to absorb any excess moisture.

I. Foot & Leg

In Thailand it is traditional to start with the feet. Please be cautious starting with the feet in either letting the ball cool, or doing some stamping work on the legs initially.

Start treatment applying a warm towel to both feet to cleanse feet.

1. Thai foot stretches
 - a. Abducting – using your body weight, push into arches of the feet, both at the same time rhythmically, three times.
 - b. Cross stretching – place the ball of one foot over the other for an extension of both feet, rocking three times. Switch feet and repeat.
 - c. Thumb pressure to bottom of feet
 - d. Squeeze tops of feet three times.
 - e. Traction to the legs simultaneously.
 - f. Big toe squeeze to close.
2. Stamp with two herbal to both legs simultaneously until balls are cool enough to apply to soles of the feet.
3. Supporting the stems against your hips, apply to the soles of the feet with both herbal balls simultaneously to create dorsiflexion,
4. Cover up right leg, placing one ball in the steamer.
5. Apply herbal ball to the pressure points at the top of the left foot three times
6. Exchange cooled herbal ball with the hot ball in the steamer. (In general, at any point during the treatment a cooled herbal ball can be exchanged for a hot one.)
7. Apply to left leg along three lines (middle, inner, outer).
8. Open leg with knee out to the side and apply from foot to top of leg and back down three times.
9. Thai Stretches
 - a. 1. Knee to Chest (Figure 1)
 - i. One hand just below knee, one hand on ankle/foot
 - ii. Direct knee toward chest, heel toward the glutes

- b. 2. Bent Leg Pull Back (Figure 2)
 - i. stabilize clients' foot by gently sitting on it
 - ii. with clasped hands grasp their thigh just above the knee
 - iii. Hold onto thigh and rock back
 - 1. 1-2-3-2-1
 - 2. 1 = near knee
 - 3. 2 = mid thigh
 - 4. 3 = upper thigh
 - c. 3. Bent Leg Adductor Stretch (Figure 3)
 - i. Bring leg into bent position
 - ii. Place one hand on inner thigh, other hand on opposite thigh
 - iii. Use forward rocking to create stretch
 - d. 4. Straight Leg Adductor Stretch (Figure 4)
 - i. Release the bent leg into fully extended position
 - ii. Place one hand on the heel, other hand on opposite thigh
 - iii. Use forward rocking to create adductor stretch
 - e. 5. Leg Traction
 - i. One hand hold onto heel, other hand hold over top of foot
 - ii. Lean back to create traction
10. Swedish Massage
- a. Light effleurage application of oil to entire leg.
 - b. Vertical thumb massage to the foot.
 - c. Compressive effleurage to both upper and lower leg.
 - d. Butterfly hands to the feet three times.
 - e. Thumb stripping to lower leg, first medial, then lateral.
 - f. Vertical thumbs on lower leg.
 - g. Fingertip circles around the knees.
 - h. Thumb pressure to inner and outer quadriceps.
 - i. Deep compressive effleurage to the inner and outer quads.
 - j. Finish with light effleurage and re-drape.
 - k. Final compression over drape, finishing with big toe squeeze.

Repeat entire sequence to right leg.

II. Arm

- 1. With palm up, stamp the inner arm from palm to the shoulder.
- 2. Apply to three points in palm three times.
- 3. Apply to three lines (central, medial and lateral) to three points each on the lower and upper arm repeating for a total of three times.
- 4. Turn arm palm down and apply to middle of posterior side from wrist to shoulder.
- 5. Stretches
 - a. Wrist Rotation
 - i. One hand hold the wrist, other hand interlace fingers with clients' fingers
 - ii. Create wrist rotation working in both directions
 - b. Wrist Flexion
 - i. One hand hold wrist, other hand press hand into flexion
 - c. Wrist & Finger Extension
 - i. Use both thumbs, sliding from base of palm to tips of fingers
 - ii. Work fingers 1 & 5 together, then 2 & 4, then number 3

- d. Triceps Stretch (Figure 5)
 - i. Place the fully extended hand palm down on table next to clients ear
 - ii. Place one hand just above the elbow, other hand on thigh
 - iii. Use forward rocking to create triceps stretch
- e. Arm Traction (Figure 6)
 - i. Release the bent arm into fully extended position
 - ii. Holding onto clients' hand, reposition yourself above to the head of table
 - iii. Hold onto hand with both of your hands
 - iv. Lean back to create traction of shoulder joint
- 6. Swedish Massage
 - a. Light effleurage application of oil to entire arm.
 - b. Butterfly hands to palm and fingers
 - c. Finger massage
 - d. More butterfly strokes to the palm.
 - e. Deep compressive effleurage to the forearm.
 - f. Thumb stripping on the forearm.
 - g. Deep compressive thumb pressing.
 - h. Move to upper with deep effleurage.
 - i. Circular fingertip friction and thumb stripping.
 - j. Effleurage entire arm
 - k. Re-drape and compression to the entire arm.

III. Abdomen

- 1. Warm palm to navel
- 2. Gentle stamping in clockwise circular motion on points along the abdominal circumference.
- 3. Finish with stationary motion on the navel
- 4. Apply oil with circular effleurage.
- 5. Gentle two hand compression over the navel.

IV. Shoulders and Neck

- 1. Two herbal balls to the top of the pectoral muscles with stationary pressure to three points lateral to medial and back out,.
- 2. Apply one herbal ball to the left upper chest with rolling and deep compression.
- 3. Use side of the ball to access the upper trapezius.
- 4. Turn head to the right to work the left side of the neck, holding the occipital area to create while working the neck.
- 5. Repeat entire sequence on opposite side.
- 6. Stretches
 - a. Neck Flexion (Figure 7)
 - i. Lift clients' head off of table
 - ii. Slide on arm under head placing finger tips on opposite anterior shoulder
 - iii. Cross other arm under placing finger tips on other shoulder
 - iv. Begin in a squatting position with a neutral back
 - v. Use your whole body to create lift of the clients' head resulting in neck flexion
 - vi. Keep a straight (neutral) back throughout the movement. Proper body mechanics will prevent undue back strain.
 - b. Lateral Neck Flexion (Figure 8)
 - i. One hand hold head above table

- ii. Opposite hand place on shoulder
 - iii. Move head to one side creating lateral flexion
- 7. Swedish Massage
 - a. Apply oil with effleurage from upper chest to upper traps and back of neck.
 - b. Fingertips from upper back to occiput then hold and lean back for traction.
 - c. Pinch up head and use opposite hand to work the upper traps using fingertips, circular and thumbing.
 - d. Switch to opposite hand to repeat on the opposite side of the neck.

V. Head & Face

- 1. Traction to the occiput three times.
- 2. Fingertip circles on both sides of the neck and around the ears.
- 3. Fingertip pressure to points along the ridge of the scalp, switching to thumbs at the crown to forehead.

Face

- 1. Three sliding thumb lines from upper to lower forehead with each slide ending at temples with fingertip circles.
- 2. Upper eyebrows with fingertip circles.
- 3. Working lines of cheeks upper lip. Lower lip and chin with each slide ending at the jaw with fingertip circles.
- 4. Repeat sequence for a total of three.

PRONE POSITION

VI. Leg

- 1. Stamp up and down left leg to cool the herbal ball.
- 2. Apply to points on the soles of the feet.
- 3. Work from ankle to hip along the three lines (central, medial and lateral) with three points each on the upper and lower leg.
- 4. Stretches
 - a. Quad Stretch (Figure 9)
 - i. Bend leg directing heel towards glutes
 - ii. Place both hands on dorsal area of foot
 - iii. Place finger tips along mid-line of plantar area
 - iv. Use forward rocking to create quad stretch
 - v. Press finger tips into plantar as you stretch
 - b. Leg Lift Hip Stretch (Figure 10)
 - i. Lift clients' leg
 - ii. With opposite hand, grab knee, wrapping clients' leg around your arm for stability
 - iii. Place your other hand on the sacrum
 - iv. Rock your body toward clients head to create stretch
- 5. Swedish Massage
 - a. Effleurage entire leg, applying oil.
 - b. Thumb pressure to bottom of feet to three points three times.
 - c. Work lower leg with deep compressive effleurage and thumb stripping.
 - d. Repeat to upper leg. upper leg.
 - e. Light effleurage over entire leg.
 - f. Re-drape and compressions.

Repeat entire sequence to right leg.

VII. Back

1. Apply two herbal balls to the gluteal muscles, progressing from stamping to slower, deeper pressure.
2. Re-place one herbal in steamer and work around sacrum with deep, slow compression.
3. With fresh herbal ball work the back along erector spinae up to the head.
4. With side of ball apply deep compression to the upper trapezius.
5. Roll ball across occiput to trapezius.
6. Perform cross hand stretch with one hand on the sacrum and one on the upper back. Switch hands and repeat. (Figure 11)
7. Swedish Massage
 - a. Standing at head of the table, effleurage to entire back.
 - b. Alternating thumbs to lower back.
 - c. Deep compressive effleurage with heels of hands to both side of the back.
 - d. Deep compressive effleurage with thumbs to erector spinae muscles.
 - e. Heal of the hand, thumbs and petrissage to the traps.
 - f. Fingertip traction to the occiput three times.
 - g. Fingertip circles to the scalp.
 - h. Finish with light effleurage to the entire back.

VIII. Closing Sequence

1. Remove two herbal from the steamer.
2. Light stamping to the entire back.
3. Three lines on each side medial to lateral using progressively slower and deeper strokes.
4. Place the balls in the client's palms.
5. Re-drape and apply compressions.
6. Finish with two-handed pressure to the sacrum.

Facial Herbal Ball Experience Treatment Protocol

Thai Herbal Ball Facial

50 minutes

Enjoy a heavenly, stress-releasing experience. This massage includes a facial cleanse, acupressure massage, warm towels, and heated Thai herbal balls. By stimulating energy points in the face, it opens up the energy flow, relaxes muscles, and detoxifies and tones your face. Finished with an aromatherapy face and neck massage and a stimulating scalp massage, this treatment will take you to paradise.

I. Introduce Touch

1. Remove hot towel from the steamer or hot towel cabbie and set aside.
2. Introduce touch to the shoulders with the client in supine position
3. Apply compression to the shoulders, glide to sides of the neck, ending with touch to the sides of the face.

II. Towel Application

4. open towel and fan in the air
5. apply to the face, chin first, then wrap around the face, leaving open the area over nose and mouth
6. apply mild pressure to towel around the face
7. remove towel

III. Cleanse

Use the appropriate type cleanser for your client's skin type. The cleansing step's purpose is to remove any makeup or impurities from your client's skin.

1. Thoroughly apply the cleanser to the face and décolletage.
2. Work upward from chest towards the forehead. Use circular motions on the face.
3. Rinse cleanser using cotton pads or sponge to neck and chest work your way up towards the face.
4. Follow with another hot towel. (Be very careful of the client's heat tolerance.)
5. Pat dry.

IV. Acupressure massage

1. Start with gentle traction to the occiput. Hold occiput for 15 to 20 seconds.
2. Begin medially at the hairline (center point) with your thumbs, work your way laterally along line 1 towards the temple applying slow pressure.
3. When you reach the temple press inward, rotate the thumbs with gentle circular motion, finishing with a slight traction upwards.
4. Return to the center of the forehead and apply slow pressure to the points on lines 2 and 3 of the forehead out to the temples.
5. Start medially at the bridge of the nose, apply gentle pinching pressure to the brow with the thumbs above the brow and the fingers below, with slight upward pressure.
6. Using your fingers, starting at the bridge of the nose, work along the cheekbone out to the temples where circular motion is applied. Start at superior line and repeat to inferior lines 2 & 3.
7. Starting medially, under the nose, apply pressure medial to lateral finishing at the temples with a circular motion.

8. Starting at lower lip, apply pressure with fingers along line 1, medial to lateral finishing at the mandibles. Repeat to lines 2 & 3, using pinching technique with thumb and forefinger along the chin line (line 3).

Repeat entire acupressure routine twice, for a total of three times.

V. Scalp Massage

1. Slowly sweep back up to forehead, place your thumbs on the third eye (between the two brows).
2. Slowly apply pressure with thumbs to points from third eye to the hairline.
3. Apply pressure with thumbs down the centerline of the scalp.
4. Return to center of hairline and apply pressure to the lines across the scalp medial to lateral.
5. Apply gentle traction to occiput.

VI. Herbal Ball Application

Chest

1. Using two Facial Herbal Balls, start at the client's shoulders and work in and out along the clavicles three times, holding at the shoulders.
2. Transition along upper trapezius to occiput and then move along the sides of the face to the center of the forehead at the hairline.

Face

1. Follow the acupressure lines of the forehead (same as acupressure massage) applying slow pressure and a swirl at the temples. After line 3, apply slight traction to the four points along the brow.
2. Follow three lines along the cheeks.
3. Apply to three chin and lower jaw lines, applying slight traction along line 3.
4. Transition back to forehead using slow stamping technique along the sides of the face.

Repeat two more times to the face for a total of three times.

Neck

1. Replace one ball in steamer and use only one.
2. With other ball, hold the third eye with slight upward traction for 5 seconds.
3. Hold head to the right with one hand, using the ball to stamp up the neck with the other three times.
4. Repeat to left side.
5. Take hot ball from the steamer and repeat steps c) and d).
6. Finish with 5-second third eye hold.

VI. Stretches

Cross over:

1. Cross your hands under the neck at each shoulder.
2. Lift the head gently by using your forearms and body to lift.
3. Repeat two times.

Lateral Neck Flexion

Holding one hand on the shoulder and one hand on the head, apply gentle stretch for 3-5 seconds. Repeat to other side.

Traction to the Neck

Position one hand under the neck at the suboccipital, position other hand on the forehead, apply gentle traction to the neck for 2-3 seconds. Repeat twice.

End with gentle compression to the shoulders.

VII. Aromatherapy massage

Next, an aromatherapy massage is done to the face and chest. This massage is designed to be relaxing and stimulating and basic Swedish Massage strokes are used.

1. Apply oil to your hands, tent and hold your hands over the clients face in order to impart the effect of the aromatherapy to the client.
2. Starting at the décolletage, use effleurage strokes to apply the oil and then moving to the face.
3. Use long strokes from chin to hairline, then massage right, then left side of face using your fingers.
4. Lightly pinch the eyebrow.
5. Using your fingers fan upwards alternating your hands. Circular friction movements to the forehead.
6. Lightly use your finger in a tapping movement to the face.
7. Slow traction along upper spine and neck and pulling the ears to end the massage before moving to the scalp.

This massage should be tailored to meet your client's needs.

VIII. Scalp massage

Hold pressure points along the suture lines across the crown of the head. Apply circular friction to the skull in a shampoo-like movement.

IX. Hot Towel

End the treatment with a hot towel using same precautions as above and a moisturizer.

Thank client before exiting treatment room!

Glossary of Terms

Sa-wan – A Thai word meaning *journey to Paradise, Heaven or Eden*.

Sen Lines – From Thai medicine, similar to the acupressure points of the body

Effleurage - the introductory and ending long strokes for most Swedish massage treatments. This stroke is utilized for introducing the therapists touch to the client, moving fluid toward the heart, warming up the tissues and giving a feeling of continuity and connection to overall massage experience.

Petrissage - a kneading type of stroke utilizing a stretching, squeezing, kneading motion. This stroke is utilized for increasing blood circulation, release and drainage of tissue toxins.

Friction - the intention of friction is to access deeper levels of tissue in order to relax spasms and release adhesions due to injury. Can be done with fingers or thumbs.

Compression - a rhythmic pumping movement on muscle straight in and out intended to spread muscle fiber.

Stretching - a passive movement done to the limit of the ROM of the joint. It increases flexibility at the joint, lengthens muscles and connective tissues that cross the joint. Helps relax muscle.

Acupressure Point – a point on the body or Sen line where you apply direct pressure with the Herbal Ball

Acupressure Zone - an area or zone on the body with direct relationship with Sen line where you apply direct pressure with the Herbal Ball.

Flexion - In anatomy, flexion is a position that is made possible by the joint angle decreasing..

Extension - The opposite term to flexion. Flexion *decreases* the angle between the bones of the limb at a joint, and extension *increases* it.

Rotation - A rotation is a movement of an object or body part in a circular motion.

Traction - set of movements for relieving pressure on the skeletal system.

Medial - extending toward the middle ; *especially* , lying or extending toward the medial axis of the body.

Lateral - situated on, directed toward, or coming from the side.

Sa-wan Herbal Ball for Home Use

Provide the herbal balls used in the treatment in a sealed plastic bag (ideally with your spa logo) to clients for their subsequent use.

Suggested uses for Clients:

- Use them for a detoxifying herbal bath (see benefits below)
- Use to exfoliate, scrubbing with the ball while bathing
- Use as an herbal foot massage after a long day at work or after exercising or as a pressure point foot massage
- Use it as a cold compress during hot summer months after storing in the freezer

Client Handling

- Dry them out in the air (without the plastic bag) to inhibit mold or mildew.
- Store in a sealed plastic bag or container in the refrigerator for up to a week or freezer for up to several months.

- For use in the bath, simply drop into the bath water.
- To re-heat, soak the ball in water for 3-5 minutes, microwave in $\frac{3}{4}$ to one inch of water for 2-3 minutes or use a double boiler.
- There is no defrosting needed if frozen.

Herbal bath benefits

The herbs in the ball will bring skin to a new level of regeneration. Turmeric is an herb in the ball that has been used by Thai women for centuries for helping with tonicity as well as for the cleansing effect it has on the skin, for rejuvenation, and promoting new cell growth. Kaffir lime also has astringent properties and anti-oxidants that help promote healing. Tamarind draws out the oils and toxins as it purifies while it soothes and heals the skin. The Prai will leave their skin soft and smooth and is said to remove age and liver spots.



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Notes

Thai Stretch Illustrations



Figure 1



Figure 2



Figure 3

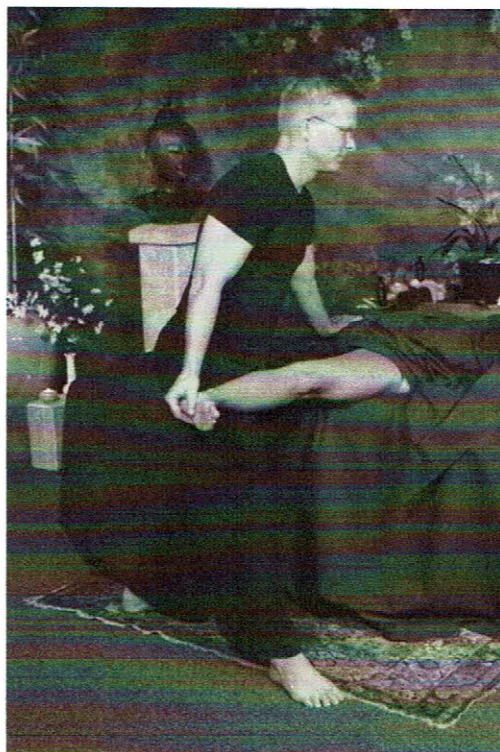


Figure 4

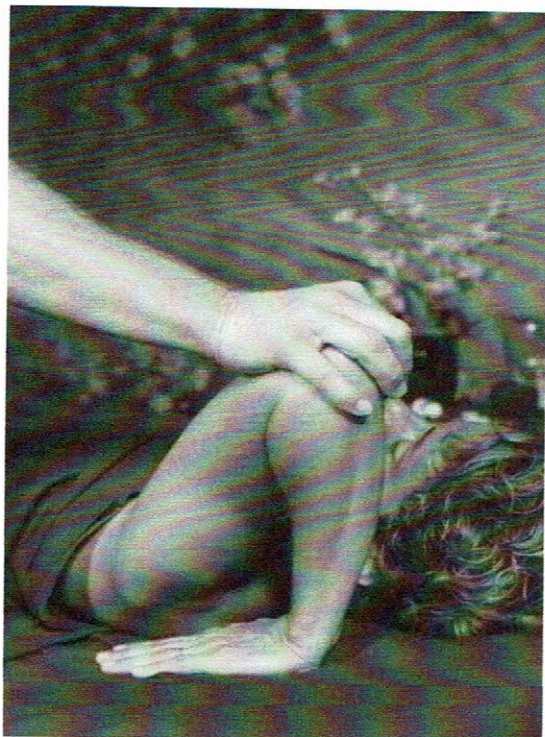


Figure 5



Figure 6



Figure 7

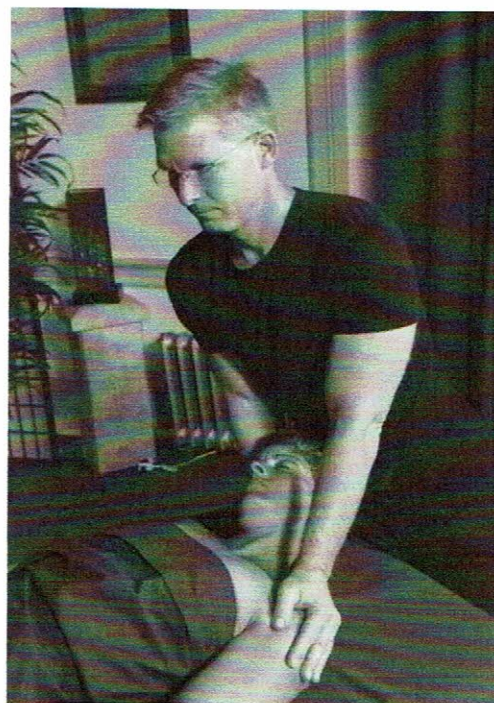


Figure 8



Figure 9

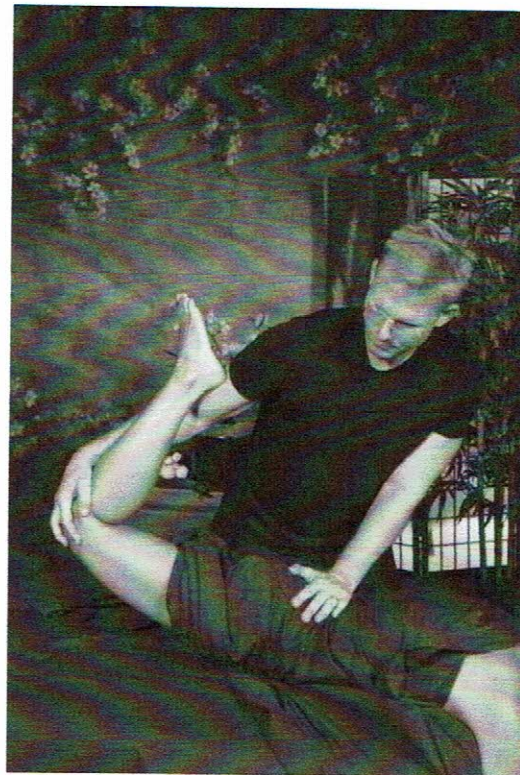


Figure 10



Figure 11