



## THAI YOGA MASSAGE

TRADITIONAL THAI MASSAGE IS COMPLETELY DIFFERENT FROM THE MORE FAMILIAR FORMS OF MASSAGE PRACTISED IN EUROPE AND NORTH AMERICA. THAI MASSAGE IS TRADITIONALLY PERFORMED ON THE FLOOR -- YOU LIE ON A PADDED MAT AS THE THERAPIST GUIDES YOU THROUGH PARTNER YOGA POSES AND MANIPULATES YOUR BODY INTO STRETCHES. IT IS A FASCINATING HEALING ART THAT INCORPORATES GENTLE STRETCHING, ACUPRESSURE ON SEN ENERGY LINES, AND ASSISTED YOGA POSTURES (ASANAS) IN A BEAUTIFUL CHOREOGRAPHY OF RHYTHMIC, SOOTHING AND FLOWING MOVEMENTS. AS IN TRADITIONAL CHINESE MEDICINE AND THE AYURVEDIC HEALING SYSTEMS USED IN INDIA, THIS MODALITY IS BASED ON THE BELIEF THAT ENERGY TRAVELS ON PATHWAYS THROUGHOUT THE BODY CALLED SEN LINES, WITH SPECIFIC POINTS OF ENERGY CALLED NADIS.

TRADITIONAL THAI YOGA MASSAGE, SOMETIMES REFERRED TO AS "THAI BODYWORK" OR "NUAD BO'LAN" (IN THAILAND), DATES BACK TO THE TIME OF BUDDHA. WHEN BUDDHIST MONKS TRAVELED FROM INDIA TO OTHER PARTS OF ASIA AND THAILAND, THEY BROUGHT THEIR MEDICAL PRACTICES AND HEALING ARTS WITH THEM.

### BENEFITS OF THAI YOGA MASSAGE

IN TRADITIONAL THAI YOGA MASSAGE, THE CHOICE OF MOVEMENTS AND BODY POSITION OPTIONS ARE SO NUMEROUS THAT THE TECHNIQUE CAN BE USED ON ALL BODY-TYPES, AGES AND LEVELS OF FITNESS. IF ONE POSITION WORKS ON A BALLET DANCER, A SIMILAR MOVEMENT CAN BE EASILY ADAPTED FOR USE ON THE ELDERLY AND/OR OTHERS. SIDE POSITIONS ARE OFTEN USED; SO THIS TREATMENT IS NOT CONTRAINDICATED FOR PREGNANT WOMEN, AND CAN, IN FACT, BE VERY BENEFICIAL. AS IN YOGA, THE GENTLE STRETCHES CREATE A RELAXING RESPONSE FROM THE NERVOUS SYSTEM, WHICH HAS A POSITIVE EFFECT UPON THOSE WHO ARE STRESSED, DEPRESSED, OR ANXIOUS AND MAY HAVE DIFFICULTY RELAXING ON A TRADITIONAL MASSAGE TABLE.

TRADITIONAL THAI MASSAGE IS EFFECTIVE IN PREVENTING OR CORRECTING STIFFNESS, CHRONIC BACK AND OTHER PAIN, SCIATICA AND MOBILITY PROBLEMS. IT HAS ALSO SHOWN TO BE HELPFUL TO THOSE WHO SUFFER FROM FIBROMYALGIA, OSTEOARTHRITIS AND MULTIPLE SCLEROSIS. THAI MASSAGE STRETCHES MUSCLES AND GENTLY MANIPULATES JOINTS FURTHER THAN AN INDIVIDUAL WOULD BE ABLE TO DO ON THEIR OWN. IT ALSO TARGETS MUSCLES AND JOINTS THAT WE RARELY THINK ABOUT AS BEING STRESSED, INCLUDING THE BUTTOCKS (GLUTEUS MAXIMUS), THE PIRIFORMIS MUSCLE (WHICH CAN IRRITATE THE SCIATIC NERVE), TIGHT PSOAS (THE LARGE MUSCLE THAT LINKS THE LUMBAR SPINE TO THE LEGS), AND THE SACROILIAC JOINTS.

THAI MASSAGE ALSO PLACES EMPHASIS ON DEEP ABDOMINAL MOVEMENT, RELEASING ABDOMINAL TENSIONS (WHICH MOST PEOPLE DO NOT REALIZE THEY HAVE), STIMULATING AND MASSAGING INTERNAL ORGANS. IN THAI MEDICAL THEORY, ALL OF THE MAJOR ENERGY PATHWAYS IN THE BODY ORIGINATE IN THE ABDOMEN, NEAR THE NAVEL. THAI MEDICINE OPERATES ON THE BELIEF THAT OUR HEALTH AND VITALITY ARE DEPENDENT ON THE HEALTH OF THE ABDOMINAL ORGANS AND THE UNOBSTRUCTED FLOW OF ENERGY THROUGH THIS AREA OF THE BODY.

TRADITIONAL THAI MASSAGE HAS BEEN REPUTED FOR CENTURIES AS AN EFFECTIVE TREATMENT FOR A NUMBER OF HEALTH CONDITIONS, AS WELL AS VARIOUS ACHEs AND PAINS. HOWEVER, AS IN ALL WESTERN AND EASTERN MEDICINE AND ALTERNATIVE HEALING MODALITIES, THERE ARE NO QUICK FIXES. ALTHOUGH THAI MASSAGE CAN OFFER MUCH PAIN RELIEF, IT IS RECOMMENDED THAT CLIENTS COME FOR SESSIONS NOT ONLY TO HELP RELIEVE CURRENT PAIN, BUT AS A PREVENTIVE MEASURE TO ENSURE A STRONG, FLEXIBLE AND PAIN-FREE BODY.

### WEBSITE

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### LOCATIONS

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#### INDIAN LAND

REDSTONE  
9695 REDSTONE DRIVE,  
SUITE 300 INDIAN LAND, SC

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## TRADITIONAL AYURVEDIC MASSAGE (COMING SOON)

AYURVEDIC MASSAGE IS A KEY PART OF AYURVEDIC THERAPY. JUST AS A MACHINE NEEDS TO BE OILED, THE BODY LOVES TO HAVE ITS LARGEST ORGAN, THE SKIN, SOOTHED, WHICH IS WHY OILS ARE COMMONLY USED IN AYURVEDIC MASSAGE.

WHETHER THE AYURVEDIC MASSAGE FORMS PART OF A MORE COMPREHENSIVE AYURVEDA PROGRAMME OR IS MERELY UNDERTAKEN FOR THE SHEER PLEASURE OF A DEEPLY RELAXING, INDULGENT BODY MASSAGE; AYURVEDIC MASSAGE IS ONE OF ANCIENT INDIA'S BEST-KEPT SECRETS.

OVER 5,000 YEARS OF EMPIRICAL RESEARCH HAS REFINED AYURVEDIC MASSAGE INTO A SUBLIME ART, AND YET IT IS STILL UNHEARD OF BY MANY. HOWEVER, COMBINING SKILLED KNOWLEDGE OF THE BODY WITH KNOWLEDGE OF OILS, MUSIC, AND BODYWORK TECHNIQUES HAS RESULTED IN A PROFOUND ART FOR BALANCING THE BODY AND MIND THROUGH THE MEDIUM OF OIL MASSAGE.

## BAMBOO FUSION MASSAGE

IF YOU WANT A TOTALLY EXOTIC EXPERIENCE, THIS IS WHAT YOU SHOULD TRY AND YOU WILL NEVER GO BACK. BAMBOO FUSION MASSAGE IS PERFORMED WITH HEATED, CUSTOM MADE DIFFERENT SHAPES AND STYLES OF BAMBOOS. PRESSURE IS ADJUSTABLE TO FIT YOUR NEEDS. HEAT INVOLVED WITH PRESSURE ALLOWS THE EFFECT PENETRATES DEEPER IN MUSCULAR TISSUES AND GIVES YOU TREMENDOUS BENEFITS BY MELTING DOWN ALL THE KNOTS IN YOUR BODY.

THIS TYPE OF MASSAGE NOT ONLY ENCOURAGES SENSORY NERVE PERCEPTION, CIRCULATION, AND LYMPHATIC DRAINAGE, IT ALSO PROVIDES YOU WITH A DEEP SENSE OF "WHOLE BODY" HEALTH, WELL-BEING, AND RELAXATION. THE BENEFITS LAST FOR DAYS.

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