



# Thai Massage



**Thai Massage** is a form of bodywork that incorporates massage and assisted yoga postures, with extensive stretching of muscles and tendons, resulting in full body relaxation, tissue stimulation, increased circulation and enhanced flexibility.

Traditional **Thai Massage** uses no oils or lotions and the client remains fully clothed during the massage. There is constant body contact between the therapist and the client, but rather than rubbing on muscles, the client's body is compressed, pulled, stretched and rocked in order to open joints, elongate tight muscles, and relieve tension.



Through assisted yoga, the body is positioned and stretched in ways that are difficult to attain through individual exercise and yoga practice. Relaxed and deep breathing is enhanced as the therapist leads the client through a series of breathing exercises which helps to bring about increased oxygenation and a sense of whole body calm.

**Thai Massage** offers all the benefits of Swedish and conventional massage with the added benefits of impacting posture in a positive way through the extensive stretching of the body and limbs, thereby reducing the potential for pain, spasm and cramping of related muscles.

**Questions about how Thai Massage may benefit you?  
Please call Tonya at Bakke Clinic....846-3333**



**Bakke**  
**Chiropractic Clinic**  
Call us. Come in. *Feel good again!*

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846-3333

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837-7600

Waunakee  
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