



*Phuket Island Relax*

TREATMENT	DURATION	PRICE
THAI HERBAL / AROMA	1 HOUR	£33.00
	1.5 HOUR	£48.00
	2 HOUR	£65.00
SWEDISH	1 HOUR	£33.00
	1.5 HOUR	£48.00
	2 HOUR	£65.00
THAI TRADITIONAL	1 HOUR	£35.00
	1.5 HOUR	£50.00
	2 HOUR	£70.00
	30 MINUTES	£20.00

### Thai Massage

Thai massage has been taught and practiced in Thailand for approximately twenty-five hundred years. Our Thai massage consists of passive stretching and gentle pressure along the body's energy lines to increase flexibility, relieve muscle and joint tension, and balance the body's energy systems. It is both deeply relaxing and energizing. Thai massage also involves peripheral stimulating, meaning it acts as an external stimulant to produce specific internal effects. This point serves as the main division between Thai and Western massage. No need to bring any suitable clothing as we provide everything.

### Swedish Massage

Swedish massage is the style that comes to mind when most people think about massage. It was developed in Stockholm a couple of centuries ago and is the most common and best-known type form of bodywork performed today.

The goal is relaxing the entire body and this is accomplished by rubbing the muscles with long gliding strokes in the direction of blood returning to the heart. Additional techniques include circular pressure applied by the hands and palms, firm kneading, percussion-like tapping, bending and stretching. Swedish massage is exceptional for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension.

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