

TRADITIONALLY THAI!

Get it visited Yao Thai Spa in Edenvale, one of the few spas on the East Rand which offers traditional Thai massages by Thai therapists.

Those who have visited Thailand will have returned invigorated by the hospitality of the gentle people. Among the extraordinary services available to visitors to the country, are the traditional Thai massages given by talented practitioners and locals alike, for whom massage is a way of life. Traditional Thai massage is more than just your conventional "rub down". It is intense and deep-working and targets the many pressure points in the body. It is said that Thai therapeutic massages uses the whole person to treat the whole person. But to understand this fully, you need to witness the massage process, as I did when I visited Yao Thai Spa, with colleague Lyndene Marilli, who was booked in for a treatment.

We were welcomed at the door by the petit therapists, who smiled warmly and bowed, before showing us to the therapy room. Before entering, we lay our shoes side by side at the door, as is tradition in Thailand. In the room, two therapy mats were spread out, beautifully decorated with inviting, oriental-style flowers. On each, a pair of freshly-ironed, white linen Thai-style pajamas had been neatly folded. The massages are done on the floor mat with the receiver wearing loose, comfortable clothing. This gives the practitioner more leverage and the ability to use her body more effectively.

Lyndene, now dressed for her treatment, lay down on the mat and the therapy began. The massage techniques are completely different to anything seen on a western massage therapy table. I recognised various yoga postures as the therapist worked



Lyndene is pulled back into the yoga "cobra" position

through the treatment. At one stage Lyndene was pulled back into the "cobra" position. At another time, the therapist moved her hands and feet over Lyndene's relaxed body in a "downward dog" posture. The therapist used every part of her body – her knees, her hands, her feet, her elbows - to deep massage Lyndene's muscles. Lyndene was twisted and stretched in all directions, as was the therapist! This is an age-old treatment – some

2 500 years old. In 1690 it was written of the treatment that it was used to skilfully "mould the body" of the client. While "moulding" of Lyndene's body was done, the therapist

continually rocked back

and forth – a movement

which apparently helps

creates a "oneness"

between therapist and

client.

Lyndene is naturally flexible, but if you struggle to even touch your toes, rest assured, the massage therapist intuitively adapts the treatment to suit each client's needs and flexibility. Through experience she has learnt to read the clients and can even tell you something about your lifestyle from how your body responds to the treatment. Bodybuilders and cyclists frequently visits Yao Thai Spa for the treatment because of its many benefits. Lyndene emerged saying she had so much energy she felt as though she could walk back to the office. The massage, she said, had awoken something deep within her.

The therapist adapts the massage to suit Lyndene's level of flexibility



A Thai therapeutic massage incorporates gentle rocking, rhythmic acupressure and deep assisted stretches to open, exercise and tone all the systems of the body. Joints are loosened and opened through manipulation and peripheral stimulation. Muscles are stretched, internal organs are toned, vitality is increased and a deep state of relaxation can be achieved.

MORE THAI TREATS

Yao Thai Spa is one of the few spas offering traditional Thai treatments and massages on the East Rand. The therapists have been trained in Thailand and each has her own style. Costs are R400 for 90 minutes and R300 for 60 minutes. Other treatments include Thai hot stone therapy, a neck, shoulder and back massage, a face and head massage, a coffee body scrub, a tamarind and tumeric body scrub, a cucumber body scrub, a Thai healing herb sauna, oxygen/ozone therapy, Thai aromatherapy full body therapy, Thai reflexology foot therapy and Thai herbal compress therapy. Various packages are also available. For more information, contact 011 453 9900, or visit www.yaothaispa.com.



THAI-RIFIC TREATMENT!

- Enhances the body-mind-psyche connection
- Reduces stress and enhances sense of well being
- Relaxes and loosens tight muscles
- Reduces pain and referred pain from trigger points
- Increases circulation of fluid and oxygen to all deficient areas
- Increases range of motion
- Effective treatment of psycho-somatic and psychological illness
- Treats chronic fatigue and related syndromes.