

Massage Therapy

While usually oversimplified from the popular Thai massage of its nearby neighbor to the north, Myanmar does have a rich, authentic tradition of massage, one that may be overlooked by visitors to the south. Fortunately, a typical Myanmar massage experience is one of those things that any visitor to Myanmar can experience at least once, although many travelers will find just that not quite enough. There are, however, a few attributes of the normal massage that are unique to this nation that make them worth a repeat visit. In this guide, we'll share a few of those qualities and explore some of the experiences that are unique to this part of the world.

Unlike in Thailand or other parts of Asia, a typical massage in Myanmar doesn't start with a full body massage treatment. Rather, a treatment like a Swedish massage first begins by kneading and then tapping muscles, ligaments and tendons to loosen them. A therapist then utilizes massage techniques like gentle strokes, kneading, pressing hands and feet, sliding hands along muscles, using the palms of their hands for touch, etc.. The objective of these massage techniques is to find the muscles in good mobility, which enables the muscles to work better and therefore reduce strain on the body.

A bit of research online indicates that Swedish massage originated in Sweden, even though the techniques have been adapted into a number of fashions. Typically, it incorporates some combination of these massage techniques: gentle strokes, using both hands, using the fingers alone for massage (sometimes known as a no-touch massage), using the thumbs and fingers together for kneading, using the palms of their hands only for massage and sometimes using an oil such as lavender or jojoba oil. Most therapists in my experience urge that one massage treatment a couple of times a week, preferably done twice per day if possible. The great thing about this massage style is that it feels really good after so many sessions. My skin feels healthy, my muscles feel limber and I am more relaxed. I haven't felt this good about myself in years!

My second choice is Thai massage or Chinese massages. Both massage styles originate from the exact same place, Thailand. In Thailand they are known as "Lavan Thai Massage" or "Lavan Chinese Massage." The goal of these types of massage treatments is to relieve pain, promote flexibility and stimulate blood flow. Thai massage is most likely the most often performed by Myanmar customers.

My third choice for remedial massage techniques is shiatsu, or Japanese Shiatsu. This massage style is somewhat controversial in Myanmar. There are mixed opinions about its benefits in the Thai community in Thailand and even in my own practice here in the United States. Some say it's very beneficial for the trunk, but there are also lots of folks who say it does not do anything at all.

These days my customers mostly prefer the beauty-muscle health benefits of a Swedish massage to luau massage foot massage or any of the other Thai styles. For many of my customers it provides more grace and radiance to their lives. It's been said that shiatsu aids the mind to concentrate on the positive things in life rather than dwelling on the negative. It is similar to acupuncture in the way it reduces stress. If you're currently undergoing some type of healing, you may want to consider adding a little something from Thai or Chinese medicine into your normal routine.

As you can see, there are many advantages to enjoying massage treatment. My experience in both northern and southern medication has led me to believe that these conventional techniques are useful for everyone. Just be certain that you get trained by an experienced [□□□□](#)

masseur who's skilled in using the massage tools and equipment as described. My research has shown that massage therapy in general is safer than using electrical devices or visiting a chiropractor for treatment. However, if you have medical problems or are pregnant, please consult with your doctor before beginning any sort of massage therapy.

If you are ready to provide massage a try, my site can provide valuable information on how to do it right. There are numerous styles of massaging as well as types of massage: prenatal, deep tissue, sports massage, reflexology, Hawaiian, Oriental, acupressure, and shoulder and back. Research and find the style that fits you and your lifestyle. Most therapists are trained to perform specialty massages such as deep tissue and sports massage. Be sure to choose a therapist who has years of training and experience in the kind of massage you wish to have done.