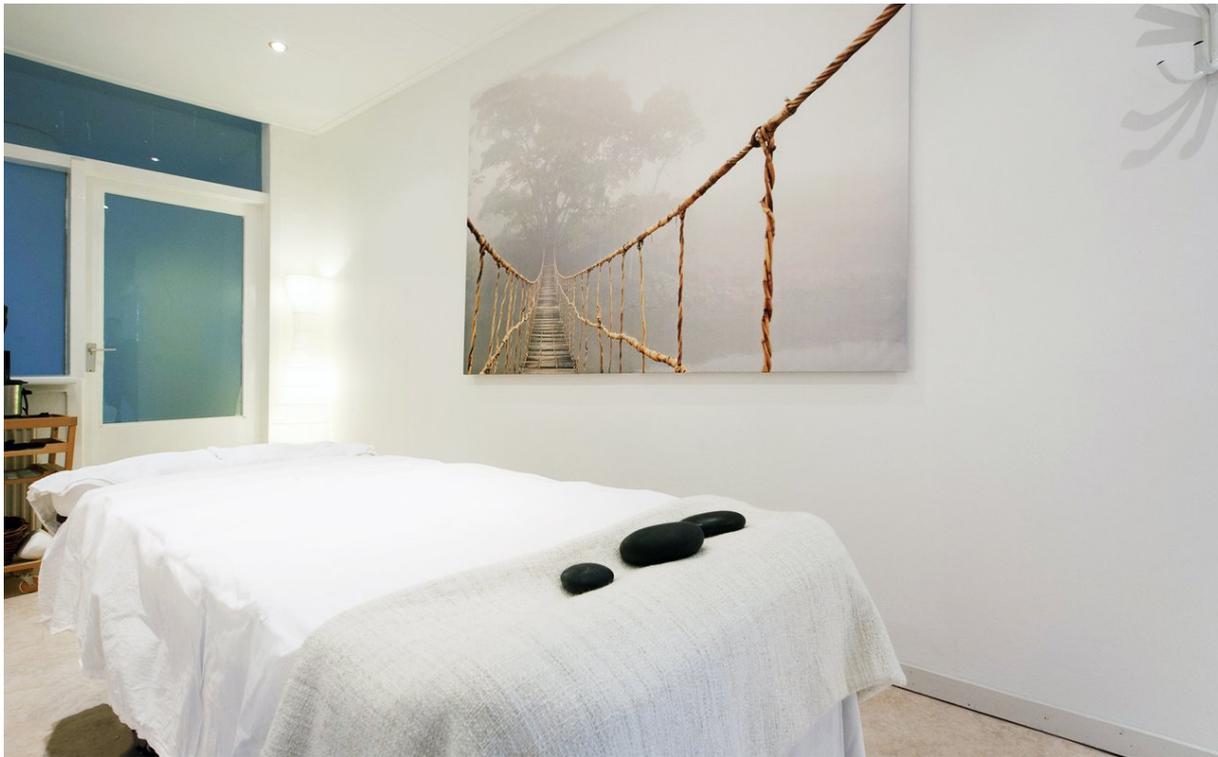


# How to Locate a Good Massage in Thailand



Thai massage is probably this very much the more potent of the couple of massage techniques you may get to have done in Thailand. While in a rather hospital waiting for an exact process to be done on you to be able to fully heal, many folks receive a decent Asian massage. Western massage has been helpful for so many years. However, what really are the differences between both of these massages? What exactly makes them so powerful?

This review is the subjective opinion of a member and not of a therapist. My therapist tells me that my technique is the best of all of the Thai massages he has ever had. I concur. In actuality, when my manager tells me that this massage is the best of all of his Thai massages, I nearly faint. It feels like the masseuse has done something tremendous to my body.

The first thing that one should know about the Thai massage, is that it is based on the value of experience and learning. The Thai massage is taught from the Thai language of 'han', which means 'to know.' This value system permeates every part of the Thailand massage. The massage therapist also understands that he must touch the patient right in order to perform the massage and that touching the patient is crucial.

The next thing that one must know about the Thai rubdown is it is a combination of several different massages which are blended together. By way of example, the therapist can use a light touch on my back to loosen muscles and then move up to my head to apply pressure with the palm. A mixture of light and hard pressure is applied with the thumbs and fingers of both hands. The massage is done with the whole hand, including the thumb, fingers and palms. This allows each individual muscle to receive the proper amount of massage. Some therapists can add up various pressure points along with the knuckles of their hands to enhance the experience.

In addition to each of these components, there is also the merit of using the correct tools. This is actually a part of the entire Thai massage merit listing. The correct rubbing tools are used by the therapist in order to correctly exfoliate and moisturize the skin. This process removes dead skin cells, allowing for the skin to receive the full benefit of this massage.

The last thing that you need to comprehend about the Thai massage is that it requires the massage therapist has a very flexible and open mind. You do not need to adhere to the strict Thai massage philosophy of keeping your hands to yourself and massaging the entire body. Many therapists really incorporate music to the Thai massage, while still using the most sensual methods possible. This isn't to say that this massage is an alternate form of therapy; instead, it's considered to be a valid form of relaxation, regardless of what the therapist is performing.

If you are seeking to obtain a massage from a licensed and reputable massage therapist in Thailand, then you're going to find you will be greatly disappointed. There are simply too many people out there that are offering this type of service. This is because the massage industry is highly regulated in Thailand. To be able to remain legal, all massage therapists should keep up with the strictest of standards. Including hiring licensed therapists, paying strict taxes, and adhering to strict guidelines concerning client care.

The most important thing is that you can receive a wonderful massage in Thailand. The secret is to know what to look for. Make sure that the massage therapist that you employ has ample experience in the region of massage. You should also make certain that the massage therapist knows the philosophy of the Thai massage too. This is extremely important for the safety and comfort of both the client and massage therapist. If all these things seem to all be set up, then you need to have no trouble enjoying a relaxing massage in Thailand.