

Thai Hot Herbal Compress Massage

The healing practice of Thai herbal compress therapy dates back nearly 5,000 years. In Thailand the herbal compress is called luk pra kob, translating as “herbal pressing sphere”. They are made with a fantastic array of healing, aromatic and therapeutic herbs including prai, ginger, turmeric, lemongrass, kaffir lime among others and wrapped together in muslin cloth in accordance with ancient recipes.

Thai Herbal Compress Massage is a wonderful therapy involving traditional massage along with massaging the body with compresses that are steamed to heat them and release their healing properties for a purely indulgent treatment. They are applied to the skin in gentle pressing, patting, pounding or rolling movements. The heat from the compress carries the herbal essences and essential oils deep into the skin, underlying tissues and organs. This treatment brings about a deep sensation of comfort and warmth whilst stimulating the body to detoxify and heal itself. Adding deep heat herbal therapy gives you extra healing benefits!

As well as inducing deep relaxation, relief of stress, anxiety and fatigue, boosting both emotional and physical well-being this technique offers several potential health benefits: improves circulation of blood and lymph and stimulates the internal organs. The herbs in the compress possess properties that are anti-inflammatory, antiseptic, astringent and antioxidant, helping relieve stiff, aching muscles, back pain, arthritis, migraines and headaches, insomnia, MS, PMT, poor circulation and gives the body's energy reserves a boost.

***SPECIAL Thai Hot Herbal Compress Facial includes either hand/arm massage with compresses or foot/lower leg massage Treatment 1 hour 15 minutes £50**

Full Back, Neck and Shoulder Treatment 1 hour £50

Full Back, Neck, Shoulder and Leg Treatment 1 hour 15 minutes £55

Full Body Treatment 1 hour 30 minutes £65

Luxury Full Body including Head and Face 1 hour 45 minutes £70

