

Thai Spa Philosophy and Treatments

Having worked as a spa manager for many years, I have to say I personally love everything to do with the Thai spa experience; it is a culture that completely embraces the spa philosophy. They believe that all spa treatments are balanced through outer and inner beauty, which is achieved through the use of herbal tonics, exercise, whole food fasting and selfless gestures towards others.



Thai spa is a culture that has its roots firmly planted in holistic origins, which lately has been completely adopted by the spa industry. A philosophy that works to balance the mind, body and soul through the use of healing practices, that have been used for centuries and passed down from generation to generation.

Let's look at some of these treatments that collectively make up the Thai spa experience, some of which you may want to include as part of your spa program.

Thai Spa Facial

Many Thai spa treatments incorporate their own form of luxury facials that are based on native recipes. They use their own local ingredients, which include coconut, cucumber, jasmine and lemon grass. The clients can usually see the difference, as the ingredients work to enhance and rejuvenate their

appearance, helping to create perfect skin.

Thai Herbal Compress

This is a medicinal Thai health spa treatment for treating stiff joints and increasing mobility. As many as 20 to 30 herbs are tightly compacted into a Thai herbal compress, in order to help soothe aching muscles.

Compresses are first heated in a pot or steamer at a very high temperature for about fifteen minutes, and then the therapist applies them directly onto pressure points to help alleviate any pain or tension the customer may be experiencing.

Ingredients include camphor which helps to cool and invigorate the skin. Lemon grass which is used for its antiseptic properties and ginger for its stimulating and warming effect on the circulation, whilst kaffir leaves are used for toning and tightening. Often this treatment is complimented with a massage, making it a completely blissful spa experience.



Thai Massage

Traditional massage is one of the most important aspects of the Asian spa regime. Thai massage is a great relaxant and a wonderful body spa treatment, its methodology is about releasing muscles and penetrating deep into the tissue in order to detoxify the body, stimulating the lymphatic function and

helping to cleanse the body of waste.

In Thai massage the customer stays fully clothed and before the treatment commences, the masseur works with the client to slow down the respiration through controlled breathing, in order to fully relax the mind. The masseur intuitively knows where to press and kneed to relieve muscle tension, no oils are used only pressure from the masseurs arms, knees, feet, thumbs and fingers.

Stretching of the neck and body is also carried out, in order to release toxins from the blood. This treatment is like no other massage you would ever experience, it works at a deeply holistic level, to leave you feeling completely rejuvenated and invigorated.

Thai Health Spa Detoxification

There are many Thia spa resorts offering this treatment. It can be a very intense treatment, involving fasting, cleansing enemas and restrictions on food, to enhance the detoxification process.

A self purification exercise is used, that involves drinking one teaspoon of salt per one half liter of water and then vomiting it back up. This is believed to help clean the upper digestive tract of any excess acids and mucus. This treatment should never be practiced for more than a week and needs to be administered under the watchful eye of a physician.



Personally this is a treatment that I have never experienced, as I have to admit I am slightly wary of the side effects, which can include nausea, vomiting, fatigue and dizziness. I recommend carrying out your

own research thoroughly before embarking on this treatment and it is a good idea to ensure the facility uses medical staff to administer this treatment.

Thai Foot Massage

The Thai approach to reflexology is a school of thought that suggests that feet have energy points of their own, which correspond to different parts of the body and Thai foot massage works to map out these points on the feet.

Unlike Western reflexology, they use a small probe like tool to apply pressure on crystals and areas of tension within the foot. This not only relaxes the body, but serves to remedy disorders from simple headaches to high blood pressure, heart pain and liver ailments.

As mentioned earlier Thailand really is a country that knows how to harness the best mother nature has to offer so it makes sense that this is reflected in their spa treatments. Their philosophy is deep rooted in spiritual attunement and a sense that true tranquility comes from a serene inner peace. Today in Thailand there are numerous spas and retreats to choose from, where you will experience an amazing journey, one that really should be enjoyed and used to its full advantage.

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