

## Table Thai Massage

Stretch, relax and energize your clients with a dynamic Thai massage. Therapists will learn a sequence of traditional Thai massage techniques covering Supine, Prone, and Side-lying positions, and practitioner's body mechanics.



**Session Time:** 60 - 90 minutes

**Recommended Price:** \$80 - \$130

**Cost Per Treatment:** \$3.93 - \$7.87

### Ingredients

- Lab+Blends 700 mg CBD Massage Oil..... 1/2 oz – 1 oz\*

#### Supine – Double Leg Sequence

1. Palm press arches of feet
2. Traction, Check leg length and hip rotation
3. Palm press up lower legs
4. Palm circle knee caps
5. Palm press up Quads to ASIS

#### Supine – Single Leg Sequence

1. Foot/ankle circles
2. Plantar/dorsiflexion with traction
3. Foot twist with leg traction and hip rotation

4. Knee flexion check
5. Thumb lines on shin and calf
6. Hip flexion, hip rotation check
7. Hip flex with opposite-thigh palm press
8. Tree pose leg palm press and elbow press
9. ITB and Glute Medius palm press in internal hip rotation
10. Glute Medius stretch – leg crossover twist
11. Hamstring stretch and thumb pluck the 'strings'
12. Adductor palm press and stretch
13. Bicycle – foot walk on hamstrings
14. 123 Automatic – Hamstring attachment foot press
15. Quad traction
16. Palm press lateral leg
17. Make nice, jostle, chop chop, brush it out

**REPEAT ON OTHER SIDE**

*\*Amount used and cost per treatment may vary depending on the total amount of product used on the client and the length of the session.*

# BIOTONE®

## Supine – Arm

1. Palm press inside and outside of arm
2. Thumb circle lines on forearm
3. Thumb circle the wrist
4. Thumb circle hand to each fingertip
5. Palm press Pectorals – pin and stretch
6. Lateral stretch with arm up alongside ear
7. Scapula traction
8. Points on lateral and medial scapula
9. Triceps stretch and thumb press
10. Arm traction

## REPEAT ON OTHER SIDE

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## Prone – Back

1. Palm press up back 3 X (light, medium, deep)
2. "Thumb chasing thumb" lines 1, 2, 3 on the back
3. Elbow press along the lines for deeper work
4. Lateral lines - Serratus Anterior, Latissimus, Teres, Infraspinatus
5. Elbow press over shoulder – Levator Scapula, Traps, Supraspinatus

## Prone – Pelvic girdle – Single side

1. Fist roll the Glutes
2. Knee flexion check
3. Hip rotation with Gluteal compressions
4. Water pump – palm press posterior ITB
5. Palm press at Sacrum with across-table twist

## REPEAT ON OTHER SIDE

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## Supine – Neck Work

1. Cradle head and explore gentle ROM (roll, tilt, rotate)
  2. Finger circle lines 1 and 2
  3. Thumb circle/press line 3 and Scalenes
  4. Finger circle/cross-fiber Suboccipitals
  5. Finger circle around the ear and scalp
  6. Finger press and hold on Occiput
  7. Facial points
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## Side-Lying

1. Twist and fix proper position
2. Palm press legs
3. Forearm roll Glutes
4. Elbow-point circle Glute attachments
5. Arm extension stretch
6. Shoulder rotation with scapula thumb/finger press
7. Shoulder/neck traction
8. Lateral stretch – arm alongside ear
9. Palm press lateral trunk/ribcage
10. Pectoralis nerve stretch
11. Toe press under scapula
12. Hip extension with knee support and palm press on Glute

## REPEAT ON OTHER SIDE

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