



THAI HERBAL COMPRESS MASSAGE



7 CPD'S

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Anna Low Cert Ed ITEC Dip Acup www.theschooloffinetuning.com
anna@theschooloffinetuning.com



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WHAT IS THAI HERBAL MASSAGE?

The herbal compress (also known as Luk Pra Ko – translated as herbal pressing sphere) has been used for hundreds of years in Thailand as a remedy for sore aching muscles, stress relief, exhaustion and other ailments. This is truly a wonderful treatment that is still little known in Europe. Herbs are wrapped in balls of cotton muslin, steamed to release essential oils and aromas, and then applied along the sen sib or energy lines of the body.

Herbal Thai massage incorporates the use of a heated compress containing a collection of medicinal aromatic herbs traditionally grown in Thailand. This compress is simply a pouch filled with ground Thai herbs wrapped tightly in a natural porous cloth, usually unbleached cotton or muslin.

It is most often steamed to stimulate the herbs then pressed or rolled on the body during, before or after a Thai yoga massage. When used in conjunction with a Thai massage, the heated ball allows the muscles and joints of the body greater movement and flexibility.

The herbs themselves are absorbed through the skin and used in the body to facilitate further release of energy blockages thereby improving energy imbalances within the body. Some of the herbs have drawing properties that allow removal of inflammation and swelling typical with injuries.

Herbs are not only an essential part of Thai medicine but also an everyday part of Thai life, and are used in traditional Thai healing for their energising and balancing effects on the body. The herbal compress has many benefits. The application of pressure with moist heat along energy lines and at acupressure points is very therapeutic for the client. The herbs themselves have many medicinal properties – anti-inflammatory, astringent, anti-bacterial and other effects are present in many of the herbs. In addition, the compress releases a wonderful aroma from such aromatic herbs as Camphor, Lemongrass, and Patchouli, which relieves stress, clears congestion and invigorates.



The fantastic array of Thai treatments have always been the preserve of traditional rural practitioners in northern Thailand, only later spreading across to other areas of the country, whilst their benefits still remained unknown to us in

The treatments are based not only on herbal tradition, but also incorporate the central pillar of Oriental medicine, the SEN lines. For the ancients, these lines formed a map of what we now know as the nervous system and can be treated directly using the traditional herb balls, which are first heated in steamers. The herb balls are filled with a fantastic array of aromatic herbs for a variety of therapeutic purposes. These can help with ailments such as, stiff, sore or pulled muscles and ligaments, back pain, arthritis, chronic pain or injury, digestive dysfunction, migraines, and chronic stress or anxiety.

HISTORY OF THAI HERBAL COMPRESS MASSAGE

The healing practice of Thai herbal compress therapy is believed to date back nearly 5,000 years, to an age when the knowledge of plants, including their effects through ingestion or application on the body, were painstakingly researched and then passed down from one generation to the next.

As spices were transported to different countries, some scholars believe that herbal compress massage was first introduced to Thailand by monks from India, who established the first Buddhist monasteries in Thailand around 200 B.C. Others believe it originated from rural folk medicine and was passed on by word of mouth through an unbroken chain of masters, or through secret manuscripts that changed hands from teacher to student.

For centuries the Thai people have been using dried herbs to treat many different ailments in the body. One of the best types of treatments for muscle and soft tissue pain is used in the form of a herbal compress. For



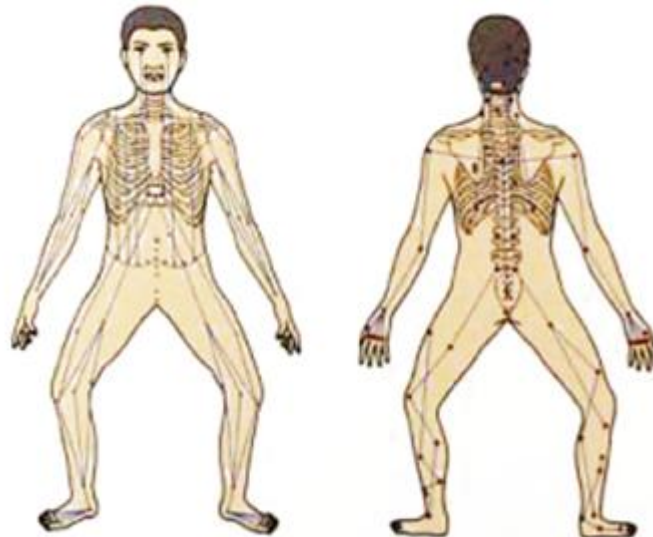
centuries this ball was typically used on soldiers returning from battle to get immediate responses to inflammation from wounds and injuries. It was also used for treating soreness and pain from tired, achy muscles and joints.

Herbal compress therapy continues to retain its growing popularity in Thailand and is offered throughout the country — from storefront massage establishments, to high-end spas to the Traditional Thai Massage School in the temple of Wat Pho in Bangkok.

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WHAT ARE SEN LINES



We know that exercise is beneficial to our health and has been practiced from the most ancient times to the modern health-conscious era with the goal to increase the heart rate, thereby allowing the blood to flow through every extremity. With intensified activity, respiration goes into overdrive, allowing air to flood the lungs and oxygen-rich blood to flow to throughout the body

Energy also flows throughout the entire body. This increased stream of blood and oxygen create energy, which propels the movement. Energy is vitally important in the body. Just as blood and oxygen travel along paths inside the body, so too does energy. The belief is that these energy pathways run along a special line, called a Sen line. Similar to an obstructed artery, blocked Sen lines restrict energy flow, which can also cause health problems. If this energy cannot distribute and disperse around the body, it means that there is a blockage preventing its movement. If the transportation of internal fluids is hindered, as a consequence serious health complications can occur.



In Thai medical theology, the belief is that the vital life energy of the body flows along the Sen channels. This energy powers all the physical, mental and emotional processes that will only function at a normal level when energy supply matches demand requested. The Chinese call this energy 'Qi' and the Indians call it 'Prana'.

Any blockage or imbalance in the flow of this energy may cause pain and disease. When the system is working in balance and harmony, a person will feel happy, relaxed, energetic and free from stiffness and pain.

Thai massage focuses on 10 main Sen channels. Clearing these by working along these channels helps to release any energy blockages and stagnation. Pressing and stretching muscles makes them more receptive to this flow. Although there are 72,000 Sen lines in the human body. Thai massage works primarily on the ten major Sen lines, which branch out from the navel and end at the body's extremities, such as hands and feet. Thai massage incorporates ancient energy knowledge together with client information to assist the therapist to clear the blockages, and help them achieve a healthy, internally balanced body.

The 10 main Sen Lines are:-

1. *It-ta* ends at the left nostril

Indications: Headache, eye(s) unable to see/focus distinctly, convulsions, back pain, fever, drowsiness, dizziness, scapular pain, difficulty or loss of hearing, cold feet, joint pain.

2. *Ping-ka-la* ends at the right nostril

Indications: Paralysis, red eyes, convulsions, runny nose, sneezing, scapular pain, aches and pain, headache, having an uneasy breath and other indications the same as *It-ta*.

3. *Su-ma-na* ends at the tongue

Indications: Difficulty moving the tongue, inability to talk or vaguely uttering a sound, dullness, drowsiness, chest pain, thinking disorder, mental disease, soft breathing, lack of appetite, tired, dizzy, having a hard time breathing, unable to sleep.



4. *Ka-la-ta-ree* ends at the fingers and toes

Indications: Coolness and lack of feeling all over the body, convulsions, unconsciousness, numbness, stiffness at the shoulder joint, aches and pain, fatigue, poor feeling in the arms and legs and cramping.

5. *Sa-had-sa-rung-sree* ends at the left eye

6. *Tu-wa-ree* ends at the right eye

Indications: Eye symptoms such as: inability to open the eyes, pain around the eyes, headache, pain in the eyes, inability to see distinctly, inability to sleep, red eyes, and pain between the eyebrows.

7. *Jan-ta-pu-sang* ends at the left ear

8. *Ru-tung* ends at the right ear

Indications: Ear symptoms, for example: to be hard of hearing, a feeling of air escaping the ear, to have a buzzing in the ear, pain in the ear, itchiness in the ear, inability to sleep, lack of appetite, sleep disturbances, body aches and pains.

9. *Si-ki-nee* is end at meatus

Indications: All illnesses in the meatus area: infection, disturbed urine, inability to urinate, pubic pain, genital pain, gonorrhoea, uterine pain, lower abdominal pain to the waist and sides of the thorax, kidney and urinary bladder problems.



10. *Su-ku-mung* is end at rectum

Indications: To have a dull pain at the anus, difficulties with bowel movements, bloating, constipation, diarrhea, the feeling of needing to make a movement but unable to, vomiting, hiccups and asthma.

A Thai Massage is an interactive manipulation of the body using passive stretching and gentle pressure along these energy lines. These movements help to adjust the skeletal structure, increase flexibility and suppleness, recover vital energy, relieve muscular and joint tension, and stimulate internal organs. Additional benefits include deep relaxation, balance of the body's energy system, increase in blood and lymph flow, and release of emotional blocks.

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BENEFITS OF THAI HERBAL COMPRESS MASSAGE

Traditional Thai massage is most commonly used to treat inflammation due to muscle and joint pain, injuries or imbalances but it is not limited to muscular system. Thai massage can help with all the systems in the body allowing whole body healing.

The herbal compress promotes further healing as the typical selection of Thai herbs offer many healing properties to the mind body and soul.

- o Improves muscle injuries, imbalances and pain
- o Improves blood and lymph circulation
- o Improves physical and mental energy by releasing energy blockages
- o Improves joint flexibility and range of motion
- o Helps boost immune system
- o Lowers blood pressure
- o Encourages relaxation
- o Prevents and alleviates stress and anxiety
- o Calms the mind, improves concentration and positive thinking
- o Speeds healing
- o Improves movement and function of fascia (body's connective tissue)
- o Decreases cold and flu symptoms
- o Eases menstrual cramps and associated pain
- o May help prevent migraines and tension headaches
- o Helps with insomnia and other sleep disorders



CONTRAINDICATIONS/RESTRICTIONS TO MASSAGE

Localised Contraindication – specific area cannot be massaged

- Bruises
- Broken capillaries
- Recent scar tissue
- Sunburn
- Immediately after eating or consuming alcohol
- Redness or localised swelling
- Sprains
- Dislocations
- Broken bones
- Pustule acne
- Open cuts or wounds, grazes, stings, bites or burns

Medical Contraindication – requires Doctor's permission before treatment

- High or low blood pressure
- Haemophilia
- Severe swelling
- Epilepsy
- Severe pain
- Thrombosis
- Heart condition
- Cancer
- Where medication is being taken for any serious illness or condition

If any of the above medical conditions are present, seek a GP's approval in writing. The client may request this from their medical practitioner, alternatively, you may contact the GP in writing, clearly stating the treatment requested by your client to ensure they have the GP's permission and enclosing a stamped addressed envelope.

Total contraindications – not suitable to massage at all

- First Trimester of Pregnancy
- Hypersensitive skin
- Inflammation



- Viral infections
- Any contagious disease, eg scabies, impetigo, herpes, chickenpox, scabies, tinea, mumps, diphtheria, typhoid etc
- Severe widespread psoriasis, eczema or dermatitis
- High temperature or fever
- Undesirable character or anyone whom you may feel threatened by

Always check contraindications before commencing, health issues may change between treatments. **Remember the safest course of action, if in doubt, refer to a GP. This information is intended for your general knowledge and is not a substitute for medical advice or treatment for specific conditions.**

DIFFERENT HERBS USED IN THE COMPRESS

Each herbal ball may have different ingredients for different effects and purposes

Camphor Kara Boon– is stimulating the brain, heart and circulation but relieves mental and emotional stress, anxiety and insomnia. When inhaled it is good for sinuses and respiration. Used in compresses it soothes sore muscles and arthritis, and treats nervous system disorders such as multiple sclerosis and fibromyalgia. Its cooling and tingling sensation helps invigorate the skin.

Cassamunar Ginger – soothing the muscle aches and pain. Natural emollient used by women to tone and soften their skin, and has been used (in Thailand) by generations to restore the womb after giving birth.

Eucalyptus (Pimsen) – the aroma has an emotionally refreshing effect. While inhaling the steamed vapours or applying to the chest and throat are all effective treatments for colds, cough, congestion, asthma and other respiratory conditions. It is also antiseptic killing germs and speeding the healing of wounds and infections.

Galangal – used internally relieves many digestive ailments. It is strong antiseptic, toning the skin and treating skin diseases.



Ginger (*Prai*) This ginger is a natural moisturizer that relieves muscular aches and pains while softening the skin. A powerful stimulant, with heating effects on the body. Its oil boosts circulation, eases muscle stiffness and increases the potency of all herbs combined with it.

Kaffir Lime (*Puew Makrut*)– the vapours are uplifting, treating respiratory ailments and oil on the skin act as a cleansing astringent. Helps to tone the skin

Lemongrass (*Ta-kali*) – soothing yet invigorating, clearing the head and uplifting the mind. Also has antiseptic properties to help clear the skin.

Turmeric (*Kha-min*) – one of the key ingredients in healing, used internally for circulatory and digestive problems. It is also a natural moisturizer and antiseptic popular for skin treatments.

Tamarind Leaf: Used as the acidity is thought to help the skin absorb other herbal ingredients faster.

SAFETY PRECAUTIONS

Ensure the steamer is placed on a secure surface.

Do not place on a towel, as this may block the vent in the base of the steamer.

Never leave wires trailing across the floor.

Always lift lid away from you, so that any steam that has collected falls back into the water.

Clean any water spillages on the floor immediately.

Place the generator away from any overhead fittings to avoid steam damage.

Do not allow the generator to run dry.

Never move or carry the steam generator whilst hot or full of water



Use towels or mitts to pick up the compress to avoid burning your hands, as they will be HOT.

CLEANING THE STEAM GENERATOR

Do not immerse generator (base) in water.

Wash removable parts in antibacterial soap, rinse and replace.

Do not use abrasive cleaners, and avoid using products that contain alcohol.

Leave to dry overnight with the lid removed.

COMMENCING THE TREATMENT

Remove the appropriate compress from the foil ready to put in the steamer.

Fill the clean steam generator with 1 litre of tap water up to the maximum level.

Insert the steamer basket.

Place the compresses in a bowl of water and soak for approximately 2-3 minutes. Do not allow the handle to become wet. Squeeze excess water, keeping the handle dry and upright.

Place the compresses in the steam basket, replace the lid and switch to the on position.

Allow the compresses to steam for approximately 15 minutes before commencing treatment.

Always allow sufficient time before the client's appointment.



Always, always, always, use a glove or mitt to take the compress out of the steamer.

Always test the compress on yourself before gently patting/tapping it in a continuous manner over the client's skin. Avoid using any static pressure with the compress until the client becomes accustomed to the sensation of the heat.

TECHNIQUES

Massage and heat dilates the blood vessels enabling them to work more efficiently.

These techniques will help move Chi (Qi) through the body and help restore the balance of energy and aid homeostasis.

PATTING: Gentle Tapping movement to help acclimatise the heat of the compress to the skin. A light, springy up and down movement, using the base of the compress.

PRESS & CIRCLE: Pounding movement with a twist. Technique used to knead into the contours of the body, pressing outwards, away from the spine. Circular kneading, rolling the ball over the surface of the skin, hold the compress stem loosely using a circular motion.

PRESS & STRETCH: As above, but add a stretch at the end of the movement. Use your bodyweight to press, relax and stretch the muscles. Perfect for larger areas i.e. the gluteals, hamstrings, quads.



ROLLING: Hold compress on the side, rollup the body using hand and forearm for extra pressure. Perfect for working around calf split, the edge of the scapula, along the occipital ridge and smaller areas.

PRESSURE: Hold the compress for one minute over pressure points. This relaxes the muscles and helps disperse any stagnant Chi.

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MASSAGE ROUTINE

Using 200g Compress, uncover the area you are working on. Leave skin dry until AFTER you have completed that part of the routine, then Massage using OIL.

Test compress on inside of wrist to ensure temperature is correct. If too hot, commence massage with hands until the compress is the correct temperature.

- 1) **PATTING.** Covering half the back with a towel, begin a gentle tapping movement over lumbar spine, and pat over side of back you are working on, starting at the base of the spine and working up towards the shoulder. This will acclimatise your client to the heat and feel of the compress. Repeat this move x 3.

Come round to other side, lean across and..

- 2) **PRESS AND CIRCLE:** Pounding movement, twisting away from the spine, outwards over ribs, Repeat x 3.
- 3) **PRESS AND STRETCH:** Use your bodyweight to press, then stretch away from spine, working from shoulders down to gluteals.

Return to side you are working on and

- 4) **ROLL:** Roll up the side of the erector spinae muscles to the shoulders and along the trapezium x 3. Now work along the border of the scapula x 3.
- 5) **PRESSURE:** Hold the compress over problem areas for one minute to relax tight muscles.

Return compress to the steamer (and continue with hand massage) or use other compress if using two.

Repeat other side.



Then repeat PATTING all over entire back.

Change to smaller (face compress 75g) and work along back of the neck up to occipital.

Then massage entire back with oil using gentle effleurage movements.

BACK OF THE LEGS

Uncover one leg ready for work – use 200g compress

- 1) PATTING x 3 –Starting at the outside of the thigh, gently pat to below the knee (never press on the knee area), then mid-calf, then inside of leg. Repeat this move over thigh x 3. Now from lower outside leg all the way up to the thigh, thereby covering whole leg, repeat x 3.
- 2) Continue with PRESS & CIRCLE x 3
- 3) PRESS & STRETCH x 3
- 4) ROLL up the leg x 3 up to and including the glutes.
- 5) PRESSURE
- 6) PRESS & STRETCH into Feet
- 7) PRESSURE into Feet
- 8) Repeat PATTING over entire leg x 3
- 9) Now MASSAGE with oil

Repeat other Leg



FRONT OF THE LEGS

Repeat the above movements starting at outside of ankle until point

- 6) ROLL the compress into the lines of the toe joints
- 7) PRESSURE across the top of the foot
- 8) PATTING into a figure 8 Shape to follow the Sen lines, starting at outside of ankle, going across the top of the knee and back down into inside of ankle, then reverse back x 3

ARM MASSAGE

Repeat the same sequence of movements as above (the leg), placing the arm in a triangle position. Start at the inner arm, repeat on the outside of the arm, and include pressure at the underarm area (above and below the axillary area). Finish by pressing on the hand and rolling the compress along the channels of the fingers. Repeat other arm.

CHEST AREA

Starting at the sternum, work to one side of the chest area to the deltoids, PATTING, PRESS & CIRCLE, PRESS & STRETCH down into the Pecs, ROLL and PRESSURE. X 3. Now repeat PATTING x 3.

PRESS into the Traps and Supraspinatus and then PAT and static PRESS into the neck.

FACE MASSAGE

Gentle PATTING across face, then gentle STRETCHING to help drain. ROLL the compress around the eyes, nose to ear and across forehead. PATTING to finish.



TREATMENT REACTIONS & AFTER CARE ADVICE

To enable you to gain maximum benefit from your treatment the following advice is recommended:-

- Please do not leave the treatment room until you feel “grounded”.
- It is advisable not to drive straight away following treatment, but if you do have to drive, make sure that you stay alert and keep the windows open.
- Increase fluids. Drink plenty of water to assist the detoxification process.
- Reduce stimulants. Avoid alcohol, coffee, tea or cola following treatment, as these dehydrate.
- Avoid smoking.
- Eat a light, healthy diet to encourage healing.
- Avoid strenuous exercise. Rest as much as possible and relax for the rest of the day, to allow the body to heal and settle. You may feel an energy boost, but resist the temptation to be too energetic, as this will prevent you from obtaining the full benefit of your treatment.
- Do not be concerned if you feel emotional for a while after treatment, it is just a way that your body releases pent up emotions whilst in a state of relaxation. This is not uncommon, particularly when you have been under stress.
- You may possibly experience what is known as a “healing crisis” (the body taking the path to healing following treatment, and you may notice the return of your symptoms for a while before you start to feel better. If you have a headache following your treatment, try



not to take any medication to resolve it, if you get adequate rest and fluids your symptoms will improve.

Please make a note of any reactions you have experienced in between treatments and let your therapist know on your next visit.

PROFESSIONAL ETHICS AND CONDUCT

Therapists shall:-

- Demonstrate commitment to provide the highest quality treatment to those who seek their professional service.
- Not discriminate or behave in any prejudicial manner with clients and colleagues.
- Demonstrate professional excellence through regular self-assessment of strengths, weaknesses, limitations and effectiveness by continued professional development in education and training.
- Respect the confidential nature of the professional relationship with clients and acknowledge each clients right to privacy.
- Conduct all business activities within the law and project a professional image for yourself, your business and the profession in general.
- Accept responsibility to refrain from or do any harm to the physical, mental and emotional well-being of clients, self or associates.
- Refrain from engaging in any sexual conduct or sexual activities involving their clients.
- Practice honesty in advertising and promote any services ethically and only for those which you have received adequate training. To ensure that you do not make false or dishonest claims regarding the potential benefits of the service(s) offered.



HYGIENE & PROFESSIONALISM

Hygiene is of the utmost importance – it must be carried out regularly and be visible to the client. It also creates the right image and increases the client's confidence in the therapist and establishment. When carrying out a treatment, we need to achieve a high standard of hygiene to reduce the risk of cross-infection to a minimum. The following are measures to assist:-

Towels:- Always use paper to cover the towels, pillows and table/trolley. All towels should be changed between clients and any dirty linen to be placed in a covered laundry bin and washed regularly in a non-biological detergent.

Floors:- Must be cleaned regularly – use anti-bacterial wipes in between clients to prevent the spread of infections. Mop or wash daily with disinfectant.

Sinks, Worktops & Toilets:- These must be cleaned regularly and kept scrupulously clean with appropriate chemicals/toilet cleaners.

Waste Disposal:- Any tissue and paper roll waste must be disposed of immediately in a covered bin. The waste container should be emptied and disinfected daily.

Personal Hygiene:-

- Always remove jewellery before a treatment.
- Have clean hair and keep it off the face.
- Dress cleanly, appropriately and professionally.
- Short, clean fingernails (preferably no varnish)
- Use anti-perspirants/deodorants (wash and reapply between clients)
- No strong perfumes



- Common sense....shower, bath and change underwear daily.....

Client Records:- Always keep client consultation forms/record cards up to date and both stored and treated with confidentiality, so no-one else has access. Remember, if stored on a computer, then the establishment must be registered under the Data Protection Act of 1984.

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CONSULTATION FORM FOR MASSAGE

The following information is required for your safety and to benefit your health. Whilst Massage is very safe, there are certain conditions which may require special attention. Please note that all information will be treated in the strictest confidence and it may be necessary for you to consult your GP before treatment is given.

Name.....DOB.....

.....

Address.....

.....

.....

Tel

Home.....Mobile.....

.....

Occupation.....

.....

Do you or have you ever suffered with:-

- High temperature or fever
Y/N
- Infection Y/N
- Acute infectious disease
Y/N
- Migraine or headaches Y/N
- Skin infections
Y/N
- Allergies Y/N
- Recent haemorrhage
Y/N
- Recent surgery Y/N
- Heart condition Y/N
- Recent injury
Y/N
- High or low blood pressure
Y/N



- Recent scar tissue
Y/N
- Epilepsy Y/N
- Diabetes Y/N
- Thrombosis/embolism Y/N
- Severe circulatory disorder
Y/N
- Severe bruising, open cuts or abrasions
Y/N
- Dysfunction of the nervous system
Y/N
- Undiagnosed, bumps, lumps or swellings
Y/N
- Currently under the influence of drugs or alcohol
Y/N
- Are you or could you be pregnant
Y/N
- Do you have any conditions which may affect treatment
Y/N

If the answer to any of the above is Yes, please give dates and details:-

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.....

Are you currently taking any medication Y/N

Details (including dosages):-

.....
.....
.....
.....

Is GP referral required Y/N



Clearance form sent (Date)
Y/N

Clearance form received (Date) Y/N

Name of
Doctor.....

Address.....
.....
.....

Telephone
number.....
...

Is your general health Good Average Poor

Are your stress levels High Medium Low

Are your energy levels High Medium Low

Do you find time for relaxation/hobbies:- Y/N

Details:-
.....
.....
.....

Client Declaration

I declare that the information I have given is correct and, as far as I am aware, I can undertake treatments without any adverse effects. I have been fully informed about contra-indications and am, therefore, willing to proceed with treatment.

I understand that Massage does not substitute medical treatment.

Client
Signature.....**Date**.....
....



QUESTIONNAIRE.

Please answer in your own words.

1. What is the Thai name for the herbal compress?
2. When was this massage believed to be first practised.
3. In your own words, describe Sen Lines.
4. What do the Chinese refer to as “energy”?
5. Describe how you will “sell” the benefits of this treatment to your clients.
6. Name 3 total contraindications, especially those that might apply to heat.
7. In a risk assessment situation, what safety issues do you need to be aware of.
8. What should you always do before applying the compress to your client?
9. What can the therapist gain from a consultation, and how will this information help?
10. Where should client records be kept?