



THAI AROMA MASSAGE



7 cpds accredited with The Complementary Medical Association



Introduction

Thank you for your booking and welcome to The School of Fine Tuning. I am delighted that you have chosen to train with me, and I can assure you that I will offer you the very highest standard of training. At the School, we offer a wide range of accredited CPD courses to enhance your existing practice and inspire you to be the best and most creative therapist you can be, so do have a look around my website for any others that capture your interest.

This course is amazing, in that you get to workso enjoy the journey and let's get started.

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WHAT IS THAI AROMA MASSAGE

Thai Aroma Massage combines the traditional Thai massage and stretches with the Western style Swedish massage. It is performed on a massage bed using pre-blended Thai Aromatherapy oils giving a unique massage experience. Not only does the client experience a balance of their energy (sen) lines but it also leaves them feeling total relaxed and peaceful.

HISTORY OF THAI MASSAGE

As Thailand is located along the great trade routes, Thai Massage was greatly influenced by both China and India – two of its closest neighbours. Research suggests that it was brought from India to Thailand by Buddhist Monks and Ayurvedic Doctors.

This traditional healing massage is believed to have been practiced for over 2000 years and is still taught by Buddhist Monks in the Temples of Thailand.

Thai Massage is a relaxing yet invigorating treatment of the whole body that was greatly influenced by two of its closest neighbours, China and India, and their energy systems that are 1000's of year old.

Similar to the meridians of Traditional Chinese Medicine that carry the Qi or Chi energy, the Thai Medicine 'energy lines' known as Sen run through out the entire body with specific points ending at the feet and hands. The obstruction of this flow of energy is thought to be the cause of discomfort or illness in a person and the techniques of Thai Massage are thought to stimulate and open these channels. During a typical Thai Massage session a Thai practitioner will apply use a variety of hands-on techniques including graceful two handed palm movements, stretches, circular massage movements and thumb pressure along the sens line stretching the body at the same time. Clients leave the session feeling relaxed, balanced and invigorated.

BENEFITS OF THAI AROMA MASSAGE

- Improves circulation of blood and lymph
- Aids removal of toxins
- Stress relief – calming and sedating
- Reduces stiffness and improves flexibility and range of movement
- Lowers high blood pressure
- Improves sleep pattern
- Stimulates lymphatic drainage
- Improved mental clarity
- Boosts immune system
- Encourages relaxation

CONTRAINDICATIONS 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

- 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.**

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:-

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

CONSULTATION FORM CONTINUED

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.....

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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.

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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.

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.

HEALTH & SAFETY FOR ESSENTIAL OILS

PLEASE NOTE – THE FOLLOWING INFORMATION IS FOR ESSENTIAL OIL USE IN THAI MASSAGE ONLY AND DOES NOT QUALIFY YOU TO USE ESSENTIAL OILS IN OTHER TREATMENTS OR TO CALL YOUR TREATMENTS

AROMATHERAPY

Health and Safety to be aware of when using essential oils

- Work in a well ventilated area
- Keep and dispense oils away from treatment area
- Between clients air treatment room and take a 5 -10 minute break
- Always carry out a detailed consultation
- Refer all medical condition for GP approval
- Do not prescribe essential oils for internal use
- Do not apply essential oils undiluted to the skin
- Choose correct oils and dilute correctly
- Avoid prolonged use of one essential oil to avoid sensitisation
- Keep full and accurate records of oils used on each client
- When blending oils, avoid touching your face especially around the eyes and mouth as the essential oils may cause irritation.

COSHH Regulations for use of Essential oils

- Store
 - in dark glass bottles
 - in cool place
 - in a dark place away from sunlight
- Handling
 - Wear rubber gloves if decanting
- Spillage
 - Mop up directly – wearing gloves
- Ventilate room
- Keep away from naked flame
- Hazards Essential oils are:

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- Toxic if digested
- Corrosive to plastic and polished surfaces
- Irritant if used directly on the skin
- Flammable
- Keeping qualities
 - Citrus oils – 6 months
 - Most oils – 2 years +
 - Blended oils – 3 months
 - Check with the directions on the label

First aid when using essential oils

INGESTION	Contact nearest Accident and Emergency Department. -Drink large quantities of full fat milk
INHALATION	Deep breathing in fresh air
SKIN CONTACT	Wash off immediately
EYE CONTACT	Wash eye with vegetable oil or full fat milk then wash out with distilled water

INSURANCE AND OTHER INFORMATION

Once you have completed your course, you will need to hold adequate insurance cover before you put your new skills into practice, or if you are thinking of changing your insurance policy, please note the following:-

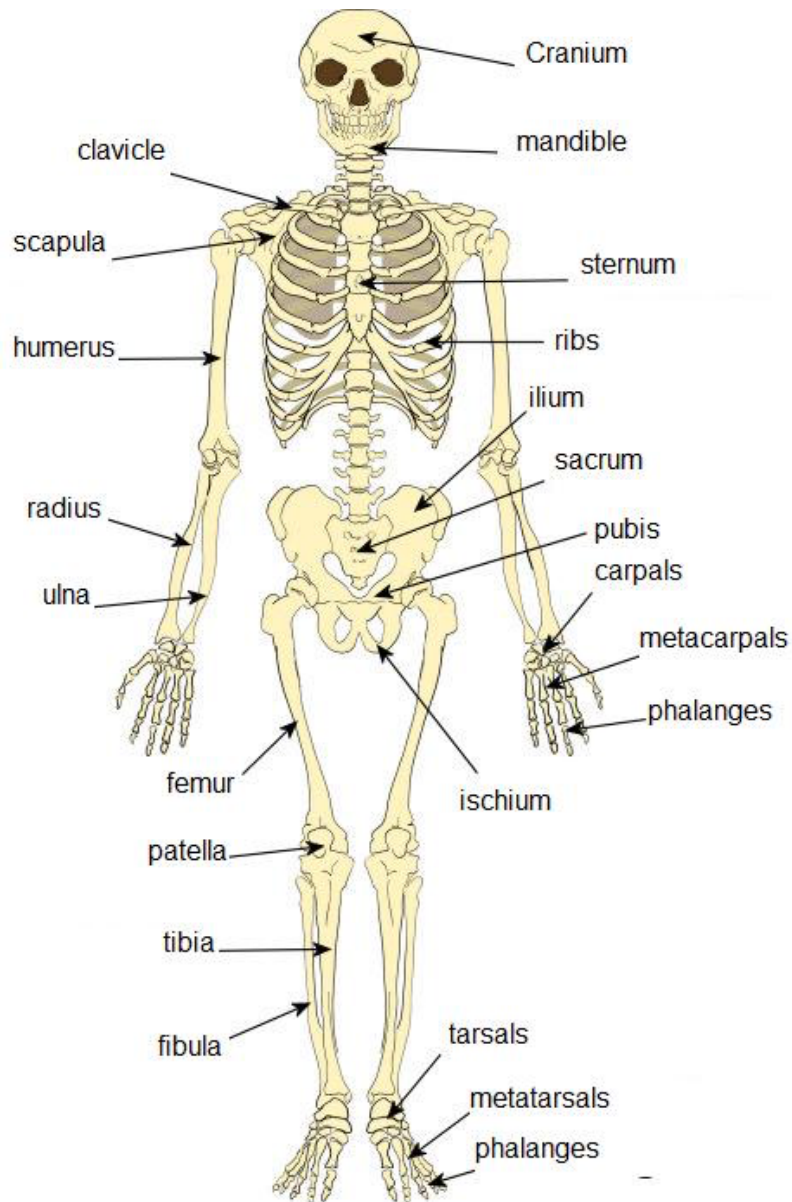
We work in partnership with Westminster Insurance Company:

Details and the link are on TSOFT homepage

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Anatomy & Physiology

The Skeletal System



Functions of the skeleton

- Support – bears weight of all other body tissues
- Attachment for muscles and tendons
- Protection of vital organs
- Development of red blood cells in bone marrow
- Mineral reservoir

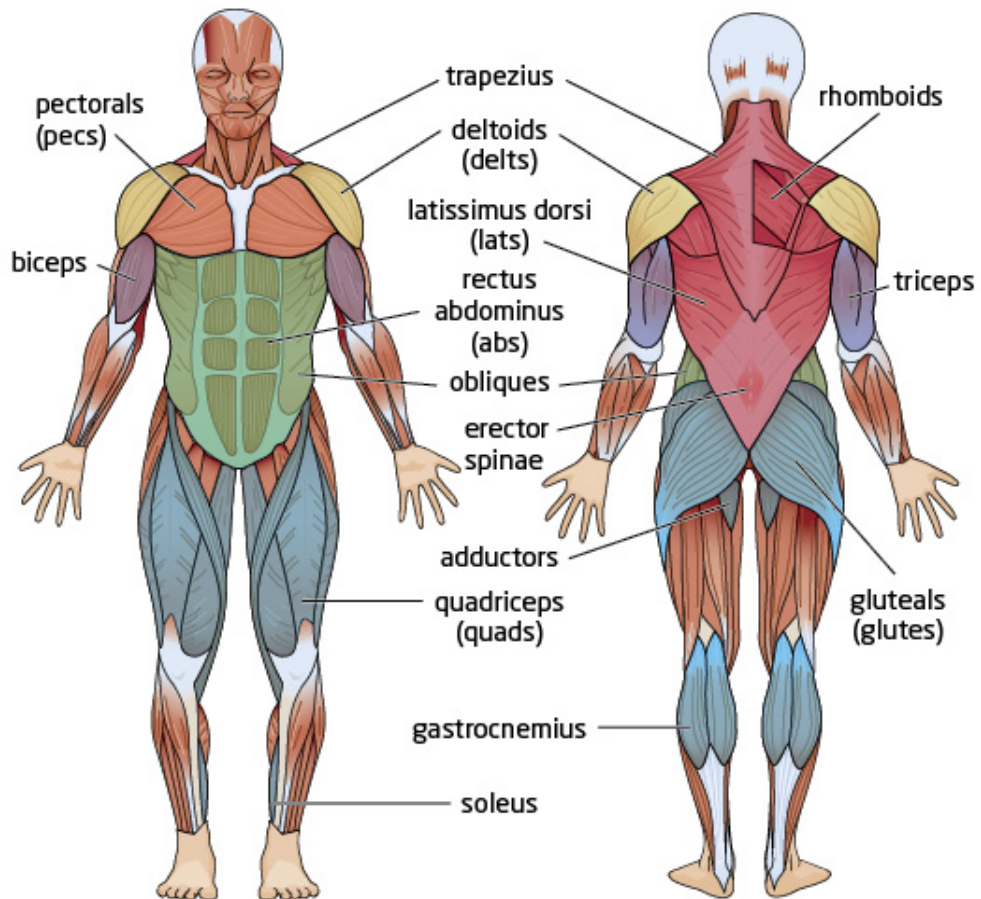
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- Movement of the body

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The Muscular System

- The muscular system moves the body
- The body has more than 600 muscles
- Muscle tissue makes up 40 – 50% of body weight



The Cardio-Vascular System

The cardiovascular system is made up of Blood, Blood Vessels and the Heart.

Blood

Blood is made up of 55% fluid - plasma, which is 91% water and 9% waste and hormones. The remaining 45% is blood cells which are subdivided into:

Erythrocytes

- About 5.5million per drop of blood
- Formed in the red bone marrow
- Live for 3-4 months then broken down in the liver and spleen
- Contain the pigment haemoglobin
- Function is to transport oxygen around the body

Leucocytes

- Larger than red blood cells
- 10,000 in a drop of blood
- Can change their shape in order to squeeze through small spaces and reach any part of the body
- Function is to protect us from disease

Thrombocytes

- Tiny fragments of cells
- 200,000 in a drop of blood
- Produced in the bone marrow
- Live for up to 2 weeks
- Function is to release an enzyme in the clotting process
- Therefore help prevent loss of blood

Functions of Blood

- Transport of oxygen and carbon dioxide, nutrients waste and hormones.
- Defence using white cells.
- Regulation of heat
- Clotting

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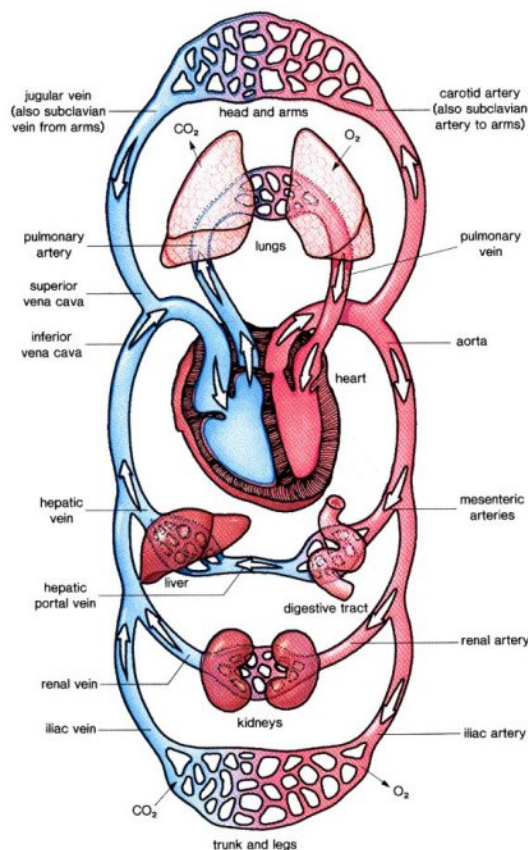
Blood Vessels

- Arteries - High pressure and take blood away from the heart and carry oxygenated blood to the lungs.
- Veins - Low pressure, return blood to the heart and carry deoxygenated blood from the lungs.
- Capillaries - These are the smallest vessels and have intermediate pressure and they supply cells and tissues with nutrients.

The Heart

The heart is the pump in the vascular system and maintains a constant circulation of blood throughout the body. Pulmonary circulation is the flow of blood from the lungs to the heart and back again.

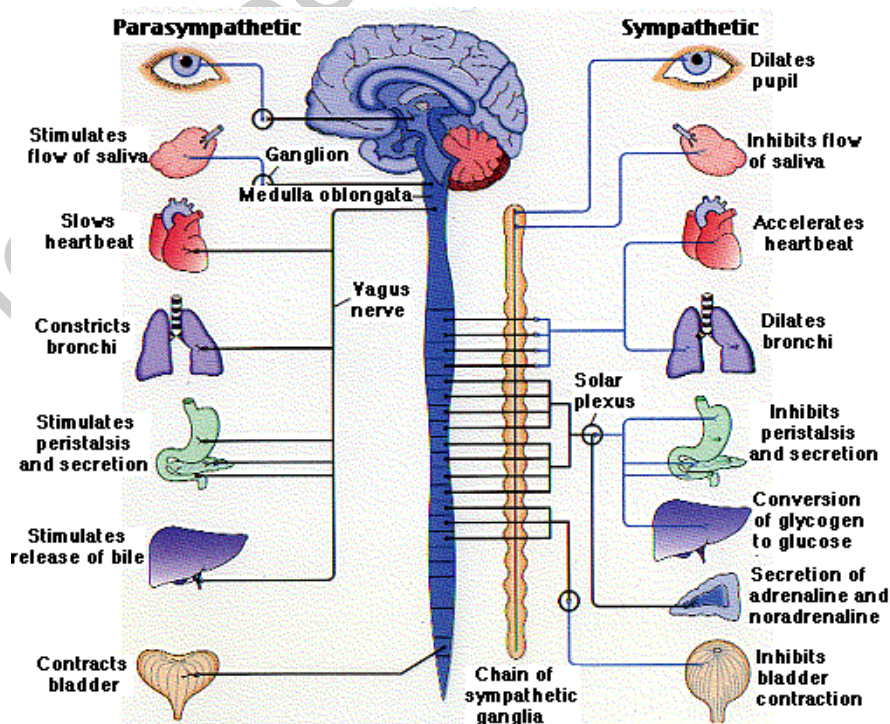
Systemic circulation is the flow of blood from the heart to the rest of the body and back again. Blood pressure is affected by age, weight, exercise, stress, gender and diet. Massage can assist with alleviating blood pressure based problems especially stress.



The Nervous System

The nervous system senses, analyses and responds to stimuli in the body. The basic structure of the nervous system is as follows

	NERVOUS SYSTEM			
CENTRAL NERVOUS SYSTEM	Splits into	PERIPHERAL NERVOUS SYSTEM		
	SOMATIC NERVOUS SYSTEM	Splits into	AUTONOMIC NERVOUS SYSTEM	
	Has 31 pairs of spinal nerves and 12 pairs of cranial nerves		Supplies impulses to smooth muscles, cardiac muscles and skin	
		Sympathetic Division = Fight or flight	Splits into	Parasympathetic Division = Rest & repose



Use of essential oils

A variety of essential oils is used, usually base notes such as jasmine, rose, sandalwood and frankincense. Lemongrass is used to lift these very heavy, sedative oils. These oils are very relaxing for mind and body; they are excellent for calming clients who are stressed or burdened emotionally.

(For further information see the separated section on essential oils – page ???.)

Massage techniques

Thai Massage uses a deep pressure which is applied using body weight. It is designed to deeply relax tense muscle tissue in a way that is not painful for the client.

Effleurage - Flowing effleurage movements, both normal and reinforced, are applied with palms and forearms using a pressure that is heavier than normal. The result is release of tension in the muscle tissue. These techniques also stimulate lymph flow which will help to promote a healthy immune system.

Stretching - This treatment includes stretching along the energy lines of the body to free energy blocks and to loosen stiff joints.

Pressure point work - This has its basis in the eastern techniques of Acupressure (China) or Shiatsu (Japan). It is based on traditional Chinese medicine which states that there are 14 meridians in the body along which the body's life force or 'chi' travels. Chinese medicine uses needles to stimulate the points. In Shiatsu the tsubos are stimulated using the pads of the fingers or thumbs, elbows or sometimes feet. We will use finger or thumb tips to stimulate key pressure points to stimulate the client's own healing process.

Preparing an oil blend for Thai Aroma Massage

ALWAYS blend essential oils in a carrier oil using a dilution at 1% essential

Treatment	Carrier oil amount	Essential oil total no of drops
Back massage	10ml	2 drops
Full body	20 ml	4 drops
	30ml	6 drops
Blend to keep and use	50 ml	10 drops
	100ml	20 drops

Preparing Oil blends for Thai Aroma Massage

The essential oils used in Balinese Massage are heady and luxurious; any blend of lemongrass, frankincense, rose, jasmine and sandalwood. This highly aromatic mix of base notes needs the sharpness of the lemongrass to lift it.

USE A BLEND OF 1% RATHER THAN THE USUAL 2% IE 4 DROPS OF ESSENTIAL OIL TO 20 ML OF CARRIER/BASE OIL

Carrier Oils	
Sweet Almond Oil	<ul style="list-style-type: none"> • Excellent moisturiser for skin and hair • Helps to soothe and reduce inflammation • CARE do not use on anyone suffering a nut allergy
Apricot or Peach Kernel	<ul style="list-style-type: none"> • Eczema and psoriasis • CARE do not use on anyone suffering a nut allergy
Grapeseed	<ul style="list-style-type: none"> • Moisturising to the skin • Useful for clients who do not like oils that are too greasy
Soya	<ul style="list-style-type: none"> • Light, general purpose oil, useful for those with nut allergies

Essential Oils	
Lemongrass	<ul style="list-style-type: none"> • Tonic for the nervous system- ideal for long term stress • Uplifting • Muscular aches and pains, boosts circulation
Frankincense	<ul style="list-style-type: none"> • Calming • Helps with breathing and relaxation • Ideal for stressed/anxious clients • Eases depression, releases anxiety
Rose	<ul style="list-style-type: none"> • Very calming, yet uplifting • Good for PMT and menopausal problems
Rose (continued)	<ul style="list-style-type: none"> • Comforting and reassuring

	<ul style="list-style-type: none"> • Anti-depressant
Jasmine	<ul style="list-style-type: none"> • Anti-depressant • Brings you and peace • Releases emotions, helps us to move on • Calming and warming • NOTE TO NOT USE IN PREGNANCY
Sandalwood	<ul style="list-style-type: none"> • Relaxing and calming • Aids sleep • Release of physical and mental stress • Helps to relax the mind for meditation • Healing and moisturising for the skin

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THAI AROMA MASSAGE



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Thai Aroma

Open with hands in prayer

Warming, Loosening and Stretching of the Feet

Acupressure to Soles of the Feet in Five lines

Over the Towels;

Palming the medial anterior legs 3 lines

Acupressure of the lateral leg

Uncover and Oil Up one leg effleurage and warm up leg

With you Off the table TREE POSE

Then get on table to Palm Press

Knee up medially for CALF PULL, you kneel with foot in between your knees

CLASP HANDS FOR THIGH SQUEEZE (Jelly fish)

Leg comes in medially – glide down TFL and ITB passive stretch.

Come off the table...

SMOOTH MOVE lower leg hangs off bed... jelly fish to thigh

ON Table lunge with clients foot in your groin

One bent leg stays on table one leg stands for Whole leg stretch, place forearm over sole of foot.

Off table completely for Leg circles.

ARMS

Uncover, oil arm. Bring arm to open stretch position.

Palm press and massage arm in open position

Sit on Table place leg and foot under shoulder.. Complete arm

HANDS

Coin rubs and finger flicks

TOP OF SHOULDER STRETCHES

Decollete and Neck Stretches

Lift head on crossed arms

Head from side to side

Sweeps across FACE

TURN CLIENT OVER

REVERSE LEG STRETCHES (DOUBLE) with towel on

Uncover leg, Oil up and Effleurage leg

TEA BREAK, forearm massage all over hamstrings, roll over glutes with ulna edge, use elbow in BL36 (crease of Bum) at glute..roll over gastrocnemius..place knee on bed to jelly fish calf. and stretch.

BACK

Over Towel SCAPULA and HIP STRETCH... Raise arms and kneel on the bed

SQUAT BETWEEN client Legs KNEES IN GLUTEALS

HEEL OF HAND EITHER SIDE OF SPINE

DELIVER BODY WEIGHT INTO GLUTES and Forearms on back either side of spine (Lift feet off) –

Perform regular back massage – Forearm style

COBRA

Stand up and apply pressure to back.. palm down legs and dismount off end of bed to Finish

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