

# TRY THAI MASSAGE



## What is it?

Thai Massage is a form of healing akin to **yoga, without the work!**

Enjoy a series of stretching through postures and movement designed to help the body's soft tissue via **pressure, muscle compression, joint mobilization, and acupressure.**

The beauty of Thai Massage is in its simple complexity. **No oils** are used, massage is done **over the clothes.**

Want to try it?

**Book with David** and enjoy increased relaxation and improved health today. **Isn't it time for your body to be treated like royalty?**