



## **THERAPEUTIC MASSAGE**

The traditional Thai massage called Nuad, which is the short form of Phaen Nuad Boran. It is one of the oldest traditional healing systems still practiced today. Nuad Phaen Boran translates to "a touch of ancient healing". Weekly massages improve the general well-being of residents and are part of the lifestyle.

Massages are carried out by our certified staff in order to activate and release the natural forces inherent in the residents' bodies and to achieve a state of perfect harmony.

Massages are performed in our massage room and spa in our residences.

Oil massage: We serve you the best essential oils which are generally selected by residents based on their odor or their promised effects.

Herbal Steam Massage: A kind of Thai massage in which the herbs are tightly wrapped in a cloth, heated with steam. Adding heat to the technique allows for a more powerful therapeutic massage. It is particularly indicated for deep muscle pain and joint pain.