

Thai Herbal Compresses **A Soothing Aromatic Addition to Your Massage**

Thai herbal compresses are a therapeutic and soothing addition to your massage! Anyone experiencing acute or chronic muscle pain, post-exercise soreness or who just wants a deeper, more relaxing massage will enjoy the soothing aromatic warmth Thai herbal compresses offer.

- Thai herbal compresses are the stems, leaves, bark or peels of various plants wrapped in cotton bundles, then steamed and applied to the body during a massage session. Their effects penetrate clothing. They can be used on bare skin, too.
- The herbs help **increase circulation** to the muscles, allowing **deeper work**. Applied with therapeutic massage, the herbs help draw out fluids, **reducing inflammation**. Their **analgesic** effect also helps stave off post-massage soreness experienced by many clients. Several of the plants used in the compresses have **anti-bacterial** effects which may help support the immune system. The steamed compresses themselves are used to apply pressure and kneading to release tension and soreness in muscles.
- Some of the herbs included in the compresses are: ginger; cinnamon; lemongrass; eucalyptus; kaffir lime; borneol (a camphor-like plant); turmeric; citronella and patchouli. The ingredients may vary due to supplier, so consult with your massage therapist if you have any allergies or sensitivities to plants.

Thai herbal compresses are an added therapeutic treatment for a general massage on the table, Traditional Thai Massage (performed clothed on a mat on the floor) or with warm bamboo massage. The combination of Thai herbal compresses and warm bamboo is especially beneficial for sports or exercise recovery.

Cost for Thai Herbal Compresses is \$8.00 per session.