



# โรงเรียนอาทิตย์นวดแผนไทย

## SUNSHINE MASSAGE SCHOOL

ในความควบคุมของกระทรวงศึกษาธิการ เลขที่ ชม. 01-001/2548

SPECIAL WORKSHOP AT SUNSHINE MASSAGE SCHOOL

## THAI STYLE HEAD MASSAGE

WITH SUKHA WONG

A lot of people store a lot of tension in the neck area. Knowing how to massage the head, neck and upper body is beneficial. Thai Head Massage is a popular treatment working on the face, scalp, neck, shoulders and upper back. A variety of massage techniques will be taught in this workshop including Champissage which combines head massage with a more subtle form of energy balancing. Using firm, gentle rhythm to relieve tension and pain, while Aurvedic chakra balancing focuses on the three higher chakras. This will bring the energy of the whole body back into balance creating a deep sense of peace and calm. It can ease a number of discomforts in the face, neck and shoulder areas. This can be a stand alone massage, or you can add elements into your own Thai Massage. This can be a very beautiful end to any massage.



Thai Head Massage is an uplifting treatment that concentrates on relieving upper body tension. We begin with an invigorating scalp massage and acupressure points that boosts circulation followed by gentle and slower techniques incorporating oils to break down any remaining tension and release toxins leaving the recipient feeling balanced and totally relaxed.

### COURSE CONTENT AND OUTLINE:

- History of head massage
- Basic anatomy of the bones and muscles of the face, head and shoulders
- How to give a 45 min. - 60 min. face, head and shoulder massage using various techniques
- How to incorporate oils into the scalp massage
- Compassionate and loving touch

OPEN TO ALL

2 DAYS / 12 CE HOURS – BAHT 3,900.-

**Weekend: 7 to 8 January 2017**

