



Foundation of Thai Massage Applied on Table: Level I Plus

by

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NOTE

This part of the book covers the practical aspects and is intended for use under a teacher's supervision. The authors and the publisher of this book are not responsible (as a matter of product liability, negligence or otherwise) for any injury resulting in this book. Some activities described in this chapter may be too strenuous for some people. The reader should consult a physician prior to applying such techniques.

REMARK

On Lesson 2 Head Massage; Lesson 3 Neck Massage and the Lesson 4 Shoulder Massage: The alternative techniques presented are for working on the floor applied to suit the body size of the giver and the receiver. Students are to learn both sitting positions. But in real application, select one that is most suitable to both parties.

When students continue Level II, the class will review the entire positions on the floor as in the textbook. Students will be able to learn and apply this knowledge in higher learning without difficulty.

SITTING AND HAND POSITIONS

Basic Sitting Positions

Figure 1 Sit Down



Figure 2 Sit on Heels



Figure 3 Sit Up



Figure 4 Sit Half-Kneeling





Basic Hand Positions

Figure 5 Thumb Press



Figure 6 Thumb(s) Circle



Figure 7 Double Thumbs Press



Figure 8 Cross Thumbs Press



Figure 9 Side Thumbs Press



HEAD MASSAGE

Technique 1: Head Massage Cross Lines

Figure 26 **Diagram of Head Cross Lines**

Sagittal Line : Border of skull to forehead

Crown Point : Center of top of the head

Coronal Line : Between the ears through
Crown Point

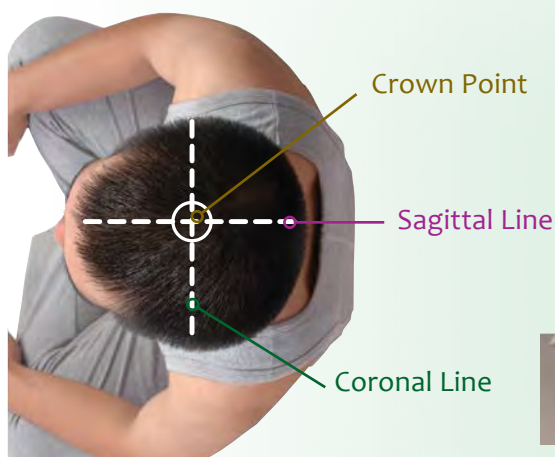


Figure 27 Sit up or stand up behind recipient.



Figure 28 **Sagittal Line** : Facing thumbs touching. Start from the border of the skull. Press and move up ward to the top of the head.



Figure 29 Change to stand behind recipient while continue pressing.





Figure 30 Press on **Crown Point**.



Figure 31 Continue pressing to the end of the hairline at the forehead.



Figure 32 **Coronal Line** : Move hands back to the Crown Point.



Figure 33 Thumbs press from the Crown Point to just above the ears. Change thumbs to point sideways toward the face.



NECK MASSAGE

Figure 44 **Diagram of Neck Lines**

Outside line: Along border of trapezius muscle-upper division (upper neck muscle).

Inside line: Along border of cervical vertebrae on trapezius muscle fiber.

Figure 45 **On the Actual Body**

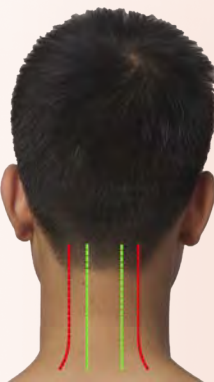
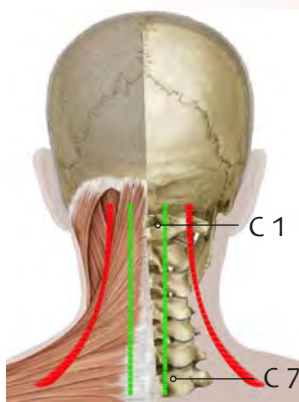


Figure 46 Continue from head massage, sit half-kneeling or sit up, on the left side.

Outside line: Thumb press pointing sideways, starting below the base of the skull.

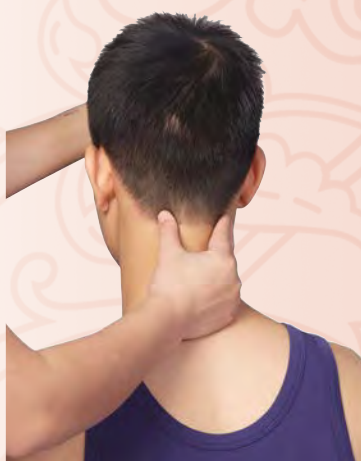


Figure 47 Stop at the base of the neck in line with C7 location. Repeat 3 times.

Figure 48 Move thumb to next to cervical (neck bone).

Inside line: Thumb press pointing sideways, starting below the base of the skull.

Figure 49 Press downward stopping at the base of the neck, next to C7. Repeat 3 times.



NOTE

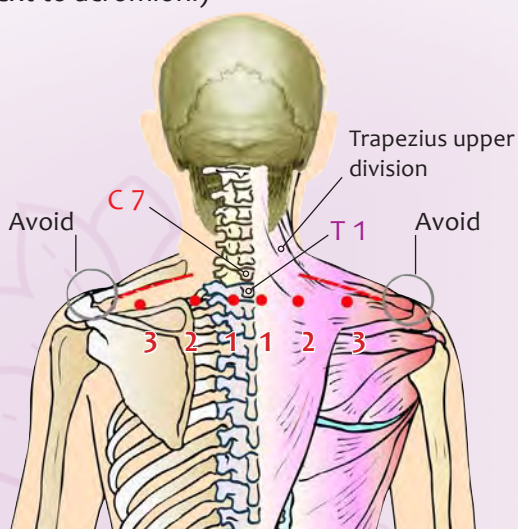
Move to sit by recipient's right side and perform the same techniques on the right side from Figures 46–49.



SHOULDER MASSAGE

Figure 50 **Diagram of Shoulder Lines and Points**

Shoulder Lines: Two inches away from acromion to the base of the neck. (Avoid pressing the groove in the triangle area next to acromion.)



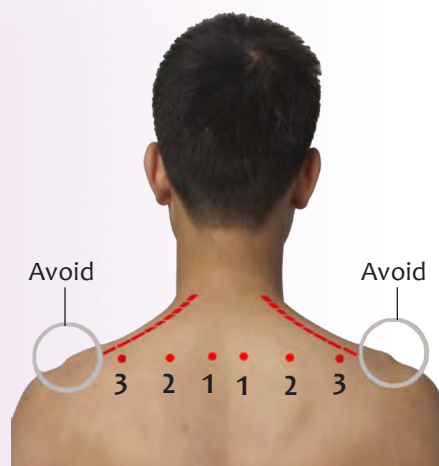
Shoulder Points: Three pairs spread over the shoulders.

Point 1: Start next to between T1 & T2 spine

Point 2: Above superior angle of the scapular

Point 3: Half of spine of scapular

Figure 51 **On the Actual Body**



Technique 1: Shoulder Lines - Deep Pressure Massage (trapezius muscle)

Figure 52 Stand behind recipient. Cross thumbs press on the left side with fingers resting behind.

Start on muscle 2 inches next to acromion.

Continue upward to the base of the neck then return to starting point. Avoid pressing on the circle area in the diagram which can irritate sub-acromial bursa (fluid sac) underneath.



Technique 2: Across Shoulders 3

Figure 53 Stand behind recipient. Thumbs press in pairs. Start from Pair 1. Lean body forward slowly while pressing.



Figure 54 Move thumbs to press on Pair 2. Repeat the same technique as Pair 1.



Figure 55 Move thumbs further to press on Pair 3. Repeat the same technique as Pair 2.

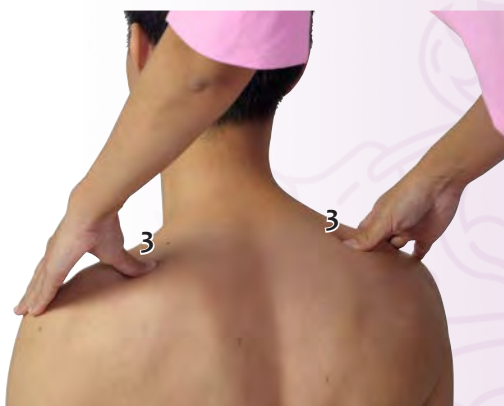


Figure 56 Move to stand on the right side and massage right shoulder for Technique 1 using the same technique as Figure 52.





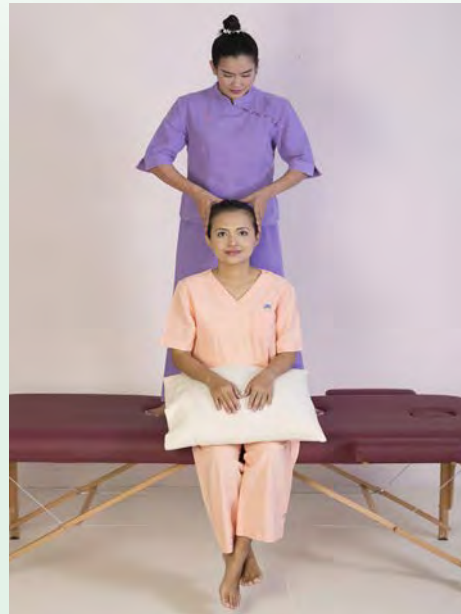
Head / Neck / Shoulder Massage on the Table

Technique 1: Head Massage Cross Lines

Figure 60 **Sagittal Line**: Sit behind recipient. Perform massage the same as Figures 26-31.



Figure 61 **Crown Point** and **Coronal Line**: Change to stand behind recipient. Perform the same as Figures 32-33.



Technique 2: Head Massage 5 Pressure Points

Figure 62 Sit half-kneeling.



Figure 63 Massage the same as Figures 34-43.





Neck Massage

Figure 64 Continue the same sitting position. Massage the same as Figures 44-49.



Shoulder Massage

Technique 1:

Figure 65 Stand up massage the same as Figures 52.



Technique 2:

Figure 66 Massage the same as Figures 53-56.



FACIAL MASSAGE

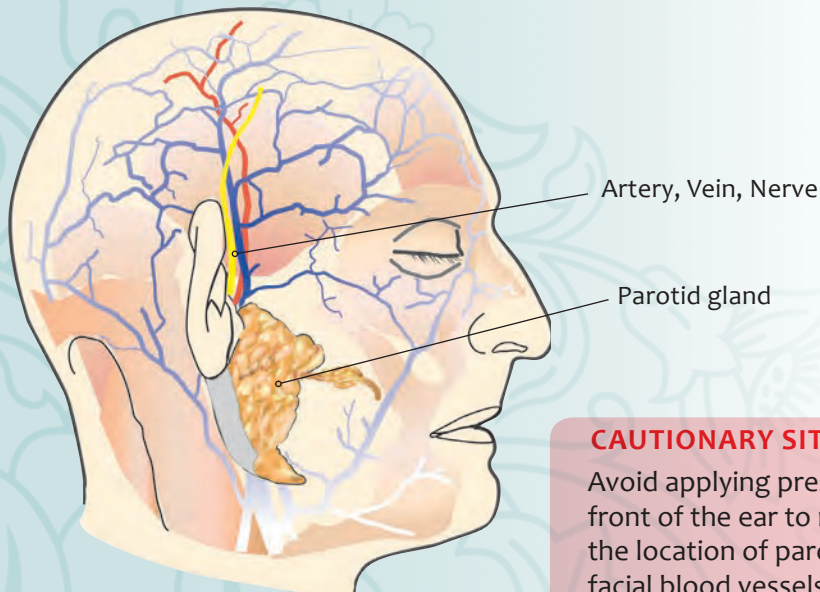
Figure 71 **Diagram of Facial Lines**

Guidelines

1. Giver must wash hands prior to performing facial massage.
2. Prepare small amount of high quality facial massage oil ready to use. For sensitive skin, skip the oil.
3. All massage movements are to be gentle and slow with smooth transitions.
4. Do not breathe over recipient's face.



Figure 72 **Diagram Showing Sensitive Areas of the Face**



CAUTIONARY SITE

Avoid applying pressure on area in front of the ear to mid jaw. This is the location of parotid gland, large facial blood vessels and nerves.



Figure 73 Sit on the chair facing recipient's head. Rest recipient's head on a pillow in a comfortable lying (supine) position.



Figure 74 **Temporal Massage**

Thumbs circle gently. Left thumb moves counter clockwise, while right thumb moves clockwise. Perform 3 rounds.

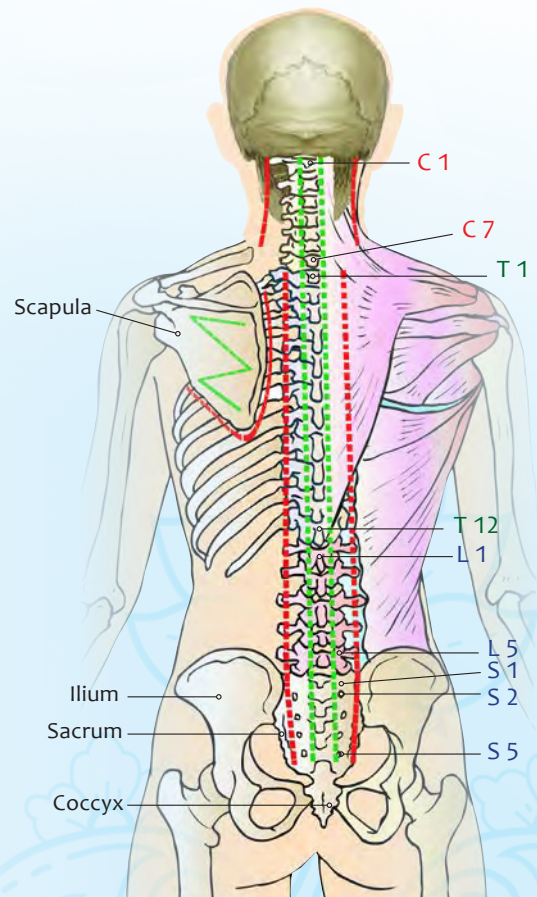


BACK MASSAGE: THE KEY TO RELIEVE BLOCKAGES

Besides causing tension, pain and discomfort, blockages on the back along the spinal column may be the cause of other ailments.

Sen Sib theory mentions illnesses resulted from energy blockage at any point along Sen Sib, or the life force pathways. The pathways of *Ida*, *Pingala* and *Ganlataree* (King Rama V) are founded along the spinal column. The *Sushumna* with the path run deeply inside the chest in Sen Sib theory, is also considered along the spinal column according to the Ayurvedic theory. (See chapters 1, 2 and 3 in the textbook.)

Tom Tam Healing System emphasizes that blockages on the spinal column are the cause of various ailments and illnesses. According to Tom Tam's theory, the blockages occur when the brain cannot send signals via the nerves to the organs, thus creating problems. (See chapter 6 in the textbook.)



BACK MASSAGE: POINTS TO REMEMBER

- Do not use face down (prone) position but use side lying position instead on:
 - Long term pregnant women
 - Weak persons
 - Persons with breathing difficulty
 - Persons who are uncomfortable with the prone position
- Concentrate more on the hard-lumpy area on the back. Massage longer to the "knot". Observe recipient's tolerance. (See contraindications chapter 15 in the textbook.)
- Giver who is qualified with experience in massage, should try to relieve a blockage along the neck bone and muscle on the side of the neck.
- Do not perform any massage techniques or positions that the giver is unqualified to do or lacks confidence in doing.



BACK MASSAGE: SIDE LYING POSITION

Figure 93 **Diagram of Shoulder Blade Massage Lines**

Line 1 Letter “M” on scapula and cover the area (trapezius, infraspinatus and teres minor).

Line 2 Letter “J” along scapula border outer edge (rhomboideus and teres major).

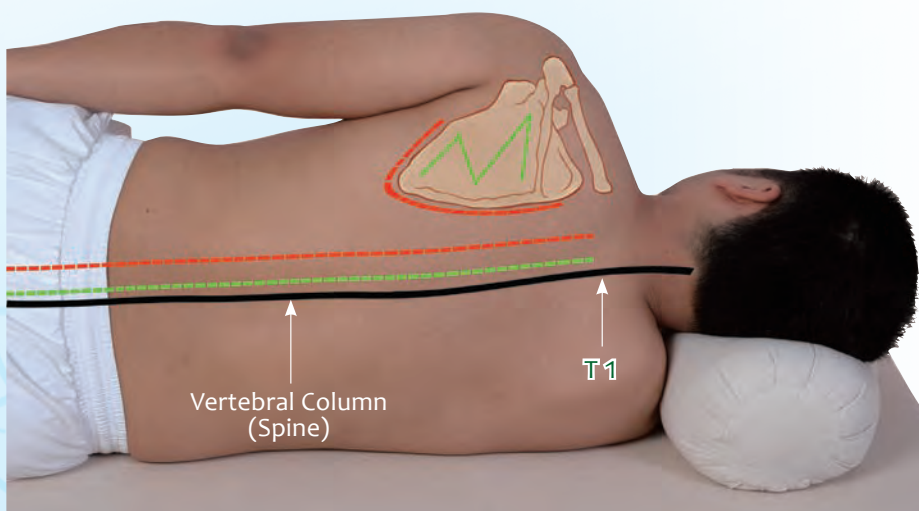
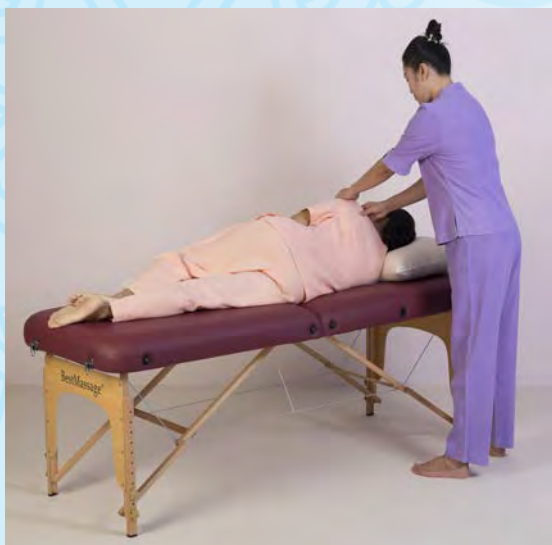


Figure 94 Turn recipient to the right side to massage the left side.

Arrange the position to be safe and comfortable. Stand facing recipient's back.

Place recipient's arms at front to support the body. If scapula is difficult to locate, folding recipient's arm to the back will help identify it. Next, return arm to the front.



NOTE

Thai massage generally works with fully clothed recipient. However, for the purpose of clear illustration to show massage lines and location on the back, some photos may show the model recipient topless.

BACK MASSAGE : FACE DOWN POSITION

BASIC SIX TECHNIQUES TO HELP RELIEVE BLOCKAGES

Technique 1: Lower Palm Press

Figure 115 **Diagram of Back Massage 2 Lines**

Techniques 1–5 cover both lines.

TIPS

- A: Giver may adjust the number of repetitions on some techniques depending on recipient's need and giver hands' condition.
- B: For best results, observe and synchronize lower palm and thumb pressing momentum with recipient's exhalation.
- C: For pregnant women and people with difficulty lying in face down position, use only side lying position but repeat more times.

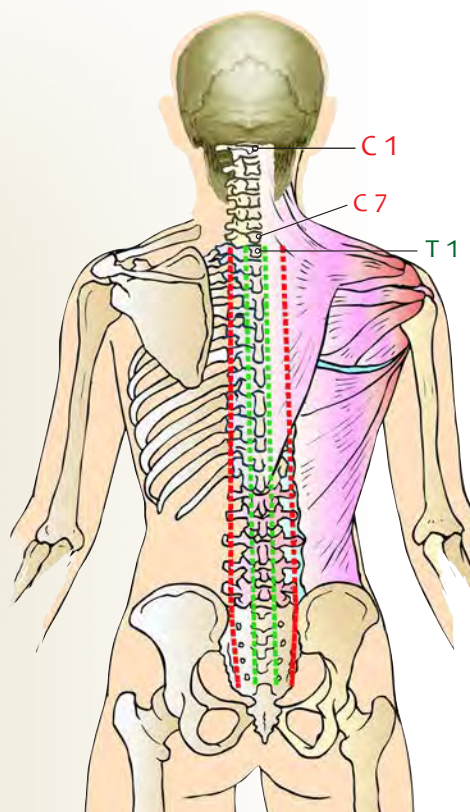


Figure 116 Arrange recipient to lie face down.

Support abdomen (also chest in case of a woman) and ankles with soft pillows. Supporting hand rests above sacrum. Upper hand lower palm presses sideways on muscles along the spine. Start on left side at T1 level pressing downward, while leaning forward. (May use double palms press to increase strength.)



CAUTION

To all 6 techniques, reduce pressure strength by 50% over sacrum. Do not a massage over sacrum area on a pregnant woman.



Figure 117 At sacrum, move supporting hand to rest on the thigh. Continue massaging to the end of sacrum, then massage in reverse direction to complete 1 round at T 1 level.



Figure 118 Remain standing on the same side and massage the right side using the same techniques as Figures 116–117.



ARM MASSAGE

Figure 153 **Diagram Axillary Artery Wind Gate.**

Located at front of shoulder above armpit. (Connection between deltoid and pectoralis major.)

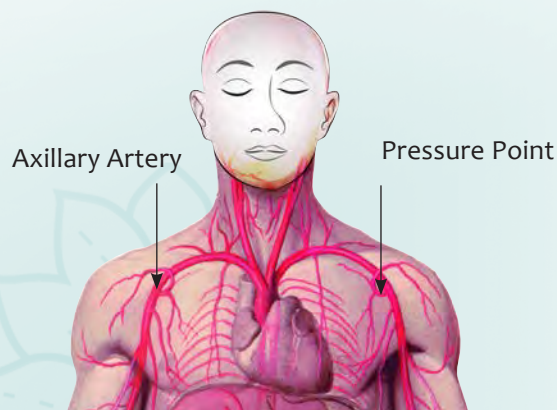


Figure 155 Hold the pressure for 10 seconds then release gently.



Figure 154 Stand with one knee on the table facing recipient and place the arm at 90 degrees angle. Double lower palms press over the Wind Gate point while recipient exhales.



CAUTION

Do not perform this position on a person with heart condition, hypertension, blood vessel problem, diabetes, chronic illness, a woman who is pregnant or menstruating.

WIND GATE EFFECT

Warm sensation down the arm. Stimulates circulation in the arm.

Arm Massage Inside Lines

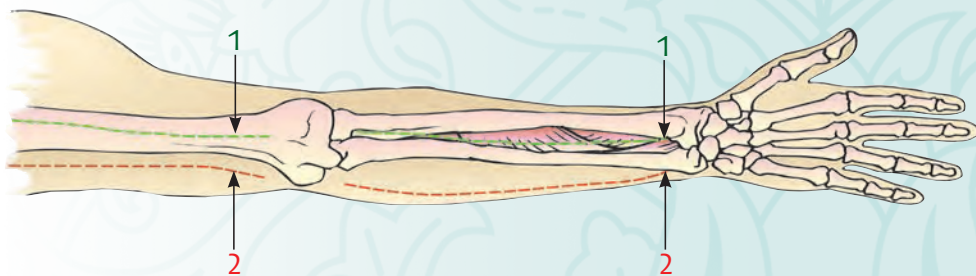
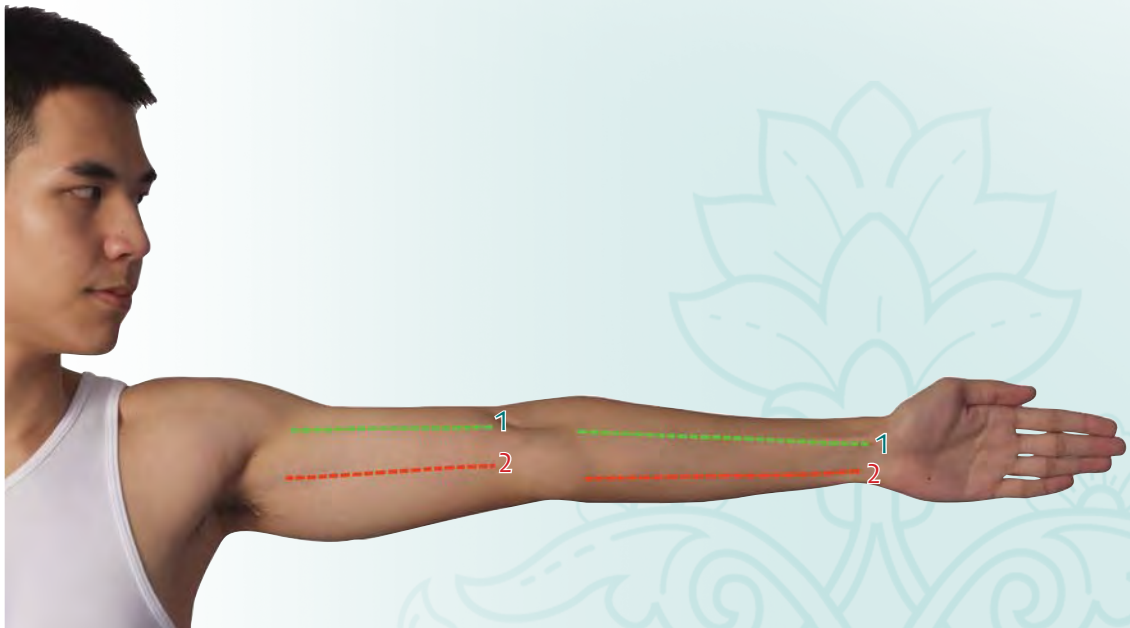
Figure 156 **Diagram of Inside Arm**

Line 1 Lower arm: From middle of wrist in line with middle finger (flexor digitorum, flexor carpi radialis, palmaris longus).

Line 1 Upper arm: Continue from lower arm (biceps brachii).

Line 2 Lower arm: From inner side of wrist in line with little finger (flexor carpi ulnaris, flexor digitorum, palmaris longus).

Line 2 Upper arm: Continue from lower arm (inner side of biceps brachii).



ABDOMINAL MASSAGE

SEN SIB THE ESSENCE OF PRANA

READ THE INFORMATION BELOW BEFORE PRACTICING THIS SECTION

BENEFITS

1. Enhances the life energy.
2. Releases negative energy.
3. Stimulates all Sen Sib central channels.
4. Stimulates and increases circulation to internal organs.
5. Relieves some conditions of indigestion and constipation.
6. Maintains wellness and prevents some ailments.
7. Massage effects to abdominal muscles: External oblique abdominal, rectus abdominis.

CAUTIONS

1. Massage only on empty stomach, meaning at least two hours after heavy meals or an hour after light meals.
2. Apply pressure while recipient exhales only.
3. Do not massage on someone with abdominal problems.
4. Do not perform massage on a pregnant woman or with Intrauterine device (IUD) placement.
5. Do not perform massage Sequences 2 and 4 on a woman in menstruating cycle. (May perform Sequences 1 and 3 with reduced pressure.)
6. Do not apply excessive pressure beyond recipient's comfort level.



PRESSURE TECHNIQUE

1. Apply only gentle pressure.
2. Press down slowly.
3. Release gently and slowly.
4. Always press at recipient's exhalation.
5. Recipient may continue breathing normally while giver continues applying pressure.



Abdominal Massage

Figure 191 **Diagram of Abdominal Massage 4 Sequences**

Sequence 1 Pelvic Cavity Line

Line along lower abdominal cavity
above pelvic cavity.

Sequence 2 Central Energy Points

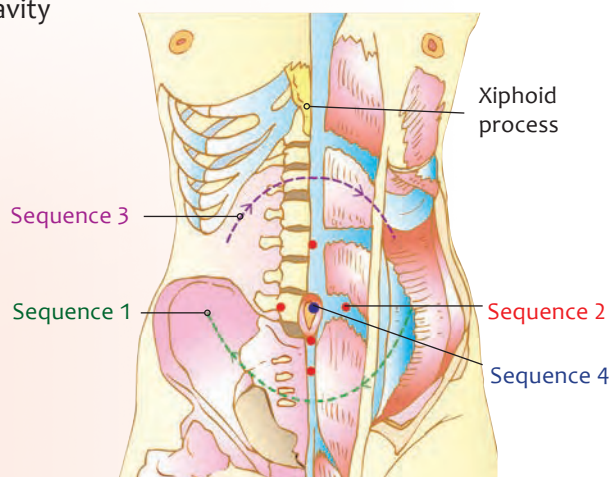
5 energy points on abdominal
surface.

Sequence 3 Ribcage Line

Line underneath ribcage.

Sequence 4 Navel Energy Point

Abdominal aorta Wind Gate
over navel.



Sequence 1: Pelvic Cavity Line

Figure 192 Stand with one knee on the table
at recipient's right side facing the face.
Open both hands side-by-side and point
fingers down on recipient's abdomen.



Figure 193 Start an inch above left pelvic
border (iliac crest). Gently press down directly
at recipient's exhalation. Hold for 3 seconds
then release gently. Move hands and continue
along above the pelvic line to the right side.
Repeat 1 time from the left side.



STRETCHING MASSAGE (6 POSITIONS)

WARNING

GIVER MUST READ THIS INFORMATION AND INQUIRE ABOUT RECIPIENT'S CONDITION PRIOR TO PERFORMING THIS LESSON.

CAUTIONS

1. Do not perform stretching massage involving raising recipient's leg(s) above the heart level on a person who has heart condition, high blood pressure, is pregnant or in menstruation cycle.
2. Do not perform back stretching massage on a person with back bone (spinal) problems.
3. Do not perform neck stretching massage on a person with neck bone (cervical) problems.
4. Do not perform stretching massage on a weak or chronically ill person.
5. Ask for recipient's approval before performing stretching positions.
6. If recipient resists while performing stretching positions, giver must stop and ask recipient's condition before continuing.
7. When in doubt of recipient's condition, do not perform stretching massage.

NOTE

Standing on the table to perform some stretching position may not be appropriate on some givers. Should anyone feel unsafe and/or have body balance difficulty, do not perform those positions.



Position 1: Folded Leg to Number “4”

Figure 263 Sit up on the table behind recipient's legs. Lift both legs up. Keep the right leg straight and rest on giver's upper arm (not on the shoulder). Fold the left leg to number “4” over the right leg. Place one hand on recipient's dorsal of the foot to keep the leg folded and to balance the giver.



Figure 264 Use lower palm press sideways on Line 3 inside upper leg (mid thigh) from below the knee to near the buttock. Lean body weight forward to increase the stretch.



STRETCHING EFFECT

1. Quadriceps femoris
2. Gracilis
3. Hamstring group
4. Gluteus maximus



Position 2: Half Body Stretch

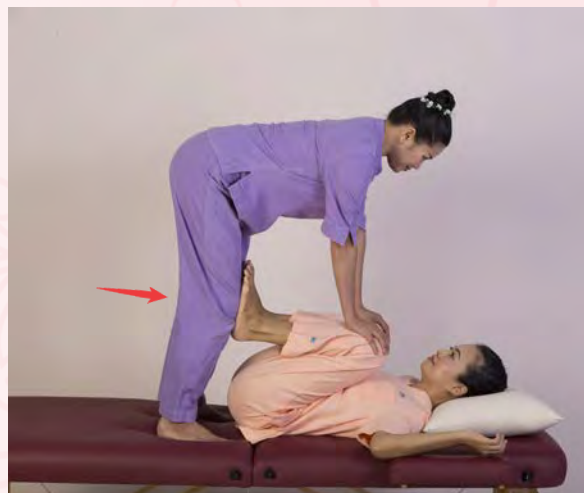
Figure 265 Stand on the table. Place arches of recipient's feet over giver's kneecaps. Both hands rest on recipient's knees.



Figure 266 To protect giver's knees use pillow to support.



Figure 267 Giver bends the knees. Lean body forward to knee press on recipient's feet and with both hands on recipient's knees to keep balance. Hold for 5 seconds.



STRETCHING EFFECT

1. Thoracic vertebrae
2. Lumbar vertebrae
3. Latissimus dorsi
4. Quadriceps femoris
5. Gluteus maximus



Position 3: Cross - Legged Half Stretch

Figure 268 Cross recipient's legs. Place the dorsal curve under the giver's knees. Ask recipient to inhale and exhale. When recipient exhales, bend knees and lean body forward to press on recipient's feet. Place both hands on recipient's knees to keep balance. Hold for 5 seconds.



Figure 269 Apply less pressure on upper foot to prevent causing pain to recipient's Achilles tendon. Make sure the knees are not pressing too hard on the feet.

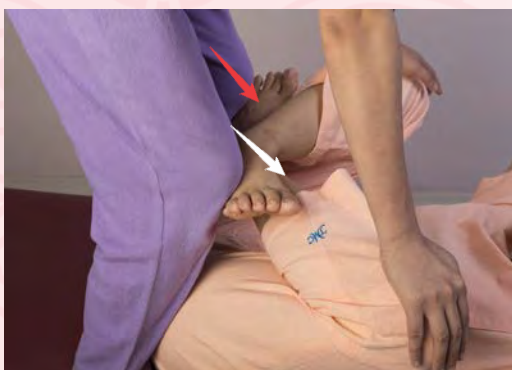
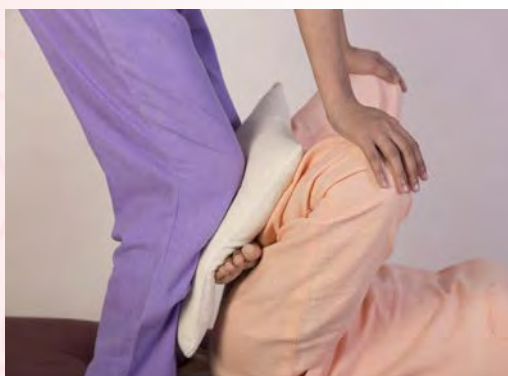


Figure 270 To prevent pain on the recipient's feet, insert a flat pillow in between.



STRETCHING EFFECT

Produce the same effect as Position 2 Figure 267 with additional effect to:

1. Tibialis anterior
2. Extensor digitorum longus
3. Peroneus brevis

NOTE

Switch side and perform the same technique.

Position 4: Half Moon Back Swing

Figure 271 Sit half-kneeling behind recipient. Bring recipient's arm to place behind the head and bring the other arm to interlace hands. Sit half-kneeling behind recipient and raise right knee at the right

Figure 272 Locked hands location behind the head.



Figure 273 Insert hands under recipient's armpits and place fingertips onto recipient's arms.





Figure 274 Ask recipient to inhale. Bring recipient's head down gently while ask recipient to exhales. Lower the knee to rest on recipient's right lap at the same time.



Figure 275 Location of knee locked on thigh. Apply enough pressure only to stabilize the knee.



STRETCHING EFFECT

1. External oblique abdominal
2. Serratus anterior
3. Trapezius
4. Gluteus maximus
5. Cervical vertebrae
6. Thoracic vertebrae
7. Lumbar vertebrae
8. Pectineus
9. Latissimus dorsi
10. Quadratus lumborum

NOTE

Keep recipient in the same arm position. Giver raises left knee in half-kneeling position and performs the same techniques from Figures 271–276 for the right side.

Figure 276 Keep arms straight, slowly swing recipient to the left side and return gently. Observe recipient's resistance.

Stop if recipient resists.





Position 5: Side Twist

Figure 277 Stand up and place right foot lightly on recipient's right lap to stabilize. Tilt the right knee to press gently on the back muscle between the recipient's right scapula and spine.

Figure 278 Use the right hand to support recipient's right shoulder. Press one foot on recipient's lap only enough to stabilize the lower body.

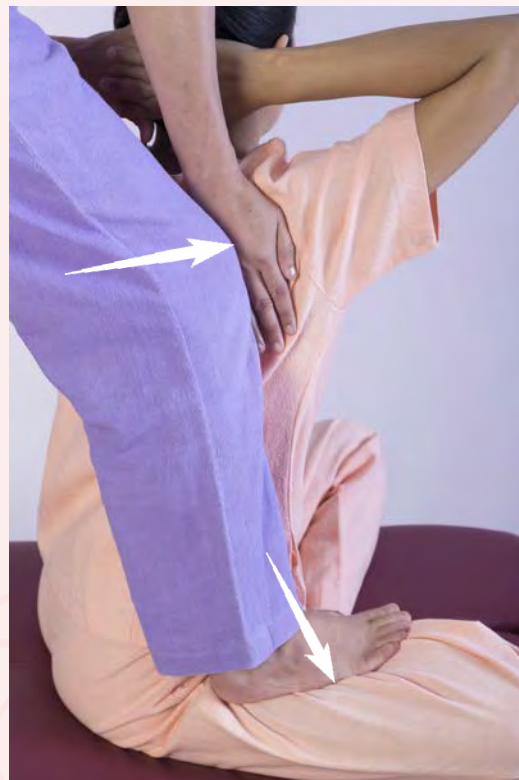


Figure 279 Left hand grasps in front of recipient's elbow.





Figure 280 Use right knee and hand push recipient's right shoulder while left hand pulls recipient's elbow backward while recipient exhales. Then turn slowly. Observe recipient's resistance during motion.

**STRETCHING EFFECT**

1. Infraspinatus
2. Teres major
3. Latissimus dorsi
4. Trapezius
5. Biceps brachii
6. Pectoralis major
7. Serratus anterior
8. External oblique abdominal
9. Lumbar vertebrae

NOTE

Switch to perform at recipient's left side to stretch the right side with the same techniques as Figures 277–280.



Position 6: Arm and Shoulder Stretch

Figure 281 Keep recipient's arms in the same position. Giver stands behind and place left thigh against the muscle along the spine on the left side of recipient's back to support. Both hands hold at the front of recipient's elbows.



Figure 282 While recipient exhales, giver leans back, pushes lightly on recipient's left back muscle along the spine with the left thigh, pulls recipient's arms backward gently and lifts up slowly. Observe recipient's tolerance. Release gently.



STRETCHING EFFECT

1. Serratus anterior
2. Deltoid
3. Pectoralis major
4. Trapezius (middle, lower division)
5. Triceps brachii
6. Teres major
7. Latissimus dorsi

NOTE

Switch to use the right thigh to support recipient's back on the right side and perform the same technique.

CLOSING MASSAGE

Soft Back and Hamstrings Stretch

Figure 283 Sit down bring recipient arms down to the side and ask recipient to extend the legs forward. Change to sit half-kneeling behind recipient.



STRETCHING EFFECT

1. Hamstring group
2. Latissimus dorsi
3. Trapezius
4. Thoracic vertebrae
5. Lumbar vertebrae

Figure 284 Lower palms press on shoulders and push forward gently while recipient exhales. Hold for 5 seconds.



Back Muscle Press

Figure 285 Arrange recipient to sit cross-legged with arms straight and hands in front rest on the table. Giver sits half - kneeling behind and rests right hand on recipient's right shoulder.



Figure 286 Left hand lower palm presses sideways covering both lines on the back muscle from the shoulder at T1 level to the lumbar area.



Figure 287 Change to use right hand lower palm press. Using the same technique on the right side.



Soft Arm Massage

Figure 288 Move to stand facing recipient. Start on the left arm. Supporting hand holds recipient's wrist. Massage outside arm with thumb and fingers from the upper arm to the wrist. Skip the elbow.



Figure 290 **Finger Pressure Point Stretch** Inside hand holds recipient's wrist firmly. Outside hand interlaces recipient's four fingers. Finger press on the pressure points at the base between the four fingers. Use fingertips press firmly and pull gently in a slow but firm movement.



STRETCHING EFFECT

1. Tendons of extensor digiti minimi
2. Lumbricals

Figure 289 Change hands to massage inside arm use the same technique in Figure 288.



Figure 291 **Arm Shake**

Hold the recipient's hand while the other hand supports the elbow. Shaking from the hand with the movement like the fish tail.



NOTE

Massage the right arm using the same techniques from Figures 288–291.



CHAPTER 13: THE APPLICATION OF THE HERBAL BALL

Dried Herbal Ball

Information on the ingredients is varied depend on the sources and should be available inside the package. A person on Homeopathy treatment should avoid Eucalyptus and Camphor. (Most herbal ball may contain Camphor.)

Benefits and Side Effect

The side effects of most herbs is almost none when use for external application. The beneficial effect of herbal ball derives from the sense of relaxing and detoxification. The warmth and moisture from the herbal ball being applied on the pressure points create the healing effect on specific area of the body. It helps reduce muscle strain, tension in muscle/tendon, ligament, joint stiffness, ache and pain. It enhances better circulation.

How to Heat a Dried Herbal Ball by Steamer or Microwave Oven

1. Soak the herbal ball in hot water for 10 -15 minutes. This to moist the herbs.
2. **Steamer:** Remove excess water and place both in a hot-boiling steamer for 5-10 minutes. Check if they are hot enough. To reheat, just place them back in steamer.
3. **Microwave Oven:** Microwave one herbal ball for each massage. Remove excess water and place in a microwavable bowl and heat on High setting for 5 minutes.

Preservation of the Dried Herbal Ball

The used herbal ball for the same recipient may be refrigerated and reused a few times. To reuse several times, the ball may need to be re-packed to gain the ball shape for better use. (The packing technique is taught in “How to Make the Herbal Ball” in Level III). Discard if the herbal ball develops sour odor or appeared to have mold. It is normal for the wrapped cloth to be stained with herbs natural coloring.

Application Tips

When applying on a recipient, press down and turn at each massage point for 3-5 seconds. For locations that need more care, press and turn longer, 5-10 seconds. Be careful not to burn the skin. Herbal ball may be applied directly on the skin when temperature is right. If the ball is too hot, place on a small thin cloth or towel on the area until cooler.



LESSON 13: THE APPLICATION OF HERBAL BALL

Figure 300 After steaming the herbal ball, place it on a container with small towel underneath.



Figure 301 Test the temperature of the ball by touching on giver's arm.

