



CHAPTER

13

Good Quality Thai Massage: Safe, Polite and Effective

*“The best way to find yourself is to lose yourself
in the service of others.”⁸⁸*

—Mahatma Gandhi

A faint background illustration of a landscape with green hills, a blue sky, and several butterflies. The butterflies are in various positions, some flying and some resting on the hills. The overall style is soft and artistic.

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“Life is really simple, but we insist on making it complicated.”

~ Confucius

*I*n former times in Thailand, a massage session was performed anywhere such as in the living room of a massage practitioner’s (Mor Nuad) home, on a veranda, on the lift—up bamboo seating in front of the house where neighbors pass by greeting each other, chickens are feeding their chicks, etc.



Thai massage given in front of an elderly Mor Nuad’s home in a North Eastern village



Therapeutic massage to a worker at a village’s massage clinic

Mor Nuad knew his/her neighbors, and their jobs which caused aches and pains. He/she even knew their dominant elements (Thard Jao Ruan) and suggested suitable foods in order to improve the ailments. They were neighbors and regular clients. The treatment was the non—formal model and involved less interviews than nowadays.