

# Spa Ritual Hand workshop

## Notes



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## **The background to Thai Hand Spa Ritual?**

Massaging the body is an ancient tradition that stems from India & China more than 3000 years ago. Its purpose was to prevent and even help cure many ailments including headaches, tension, asthma and constipation.

The feet, hands, ears and face were later believed to have sensory nerves which ran throughout the body, relating to internal organs situated at the soles, palms, ears and face.

Wat Po (originally a temple containing the famous Leaning Buddha) was the first traditional school / establishment to teach Traditional Thai Massage and Herbal medicines practices. Now the world renowned Wat Po Medical School has several departments each teaching various courses around Thai massage and herbal medicine.

The hands are known as one of the gateways for energy to enter and exit the body.

Hand massage has only become more popular in the last few years but we use our hands for driving, working on the computer as well as practical work.

This online workshop will teach you how to create natural treatments using products that can be found in the fridge or your store cupboard. You will also learn some simple but well used techniques influenced by Thai Massage to stimulate the hands internal organs and help with fatigue in the joints and muscles. It will also increase flexibility within the hands and provide a luxury treat that can be carried out in the home in your own time.

**For the full course purchase this full download from our website**