

## ABDOMINAL DETOX MASSAGE

Only 6 students during these lessons

Level 1: 19,000 baht / Level 2: 19,000 baht

Each level: 20 hours / 5 days

Also known as Chi Nei Tsang in Master Mantak Chia's school, this internal organ chi massage combined with Thai abdominal reflex points helps to release stress and promotes healing by using techniques directly over the navel and surrounding abdominal area. By using Abdominal Detox Massage's techniques of navel and deep organ energy massage you learn to release and clear blockages, toxins, excessive heat and negative emotions. The 2<sup>nd</sup> level focuses on stronger and deeper techniques using elbows.

## NUAD KARSAI

Only 6 students during this lesson

30,000 baht / 20 hours / 5 days

Also known as genital detox massage, this course has been developed specifically for improving the health of the genitals and the genital area. We teach you how to use deep, direct pressure with small circular massage movements to break up and dissolve the sedimentation in the circulatory system, release the toxicity and remove the physical and emotional blockages in the pelvic area. Minimal requirement for this course is Abdominal Detox Massage level 1.

## PROFESSIONAL & TEACHER TRAINING INFORMATION

Long training programs are now available in Basic Thai Massage, Advanced Thai Massage, Oil Massage, Foot Reflexology, Facial Massage, Reusi Datton, Tok Sen and Spa Body Treatments.

For further information or reservation, please come to our office or contact us through our website.

## SPECIAL TREATMENT

### Abdominal Detox Treatment

1h	1,500 baht
1h30	2,000 baht
2h	2,500 baht

Thai Massage Treatment 2h 1,000 baht

Head Massage 1h 1,000 baht

Hands & Arms Massage 1h 1,000 baht

Guasha Therapy 1h30 1,000 baht

## MASSAGE

Relaxing Thai Massage 2h 600 baht  
1h30 500 baht

Thai Herbal Massage 2h 700 baht  
1h30 600 baht

Oil Massage 2h 800 baht  
1h30 650 baht

Hot Stone Massage 2h 1,200 baht  
1h30 1,000 baht  
1h 800 baht

Body Scrub 2h 1,200 baht

Foot Reflexology 1h 500 baht

Tok Sen Treatment 2h 1,000 baht

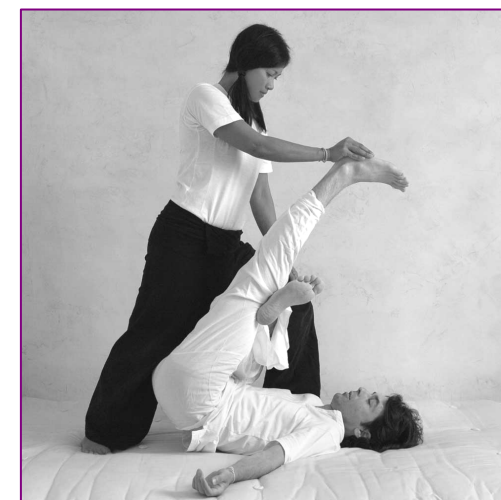
Facial Massage 1h30 900 baht



**LOIKROH**

TRADITIONAL THAI MASSAGE & YOGA

PRIVATE & GROUP LESSONS



Photograph © Catherine ACEN

MEMBER OF



Thai Healing Alliance

Open from Mon. to Sat. 9:00 – 18:00

Close on Sunday

1/3 Loikroh road, Soi 3, T. Changklan

A. Muang, Chiang Mai 50100

[www.loikrohmassage.com](http://www.loikrohmassage.com)

## GROUP LESSONS INFORMATION

Start every Monday  
6 students maximum during these lessons

### BASIC THAI MASSAGE

**7,000 baht / 30 hours / 5 days**

Our northern style Basic Traditional Thai Massage is an intensive beginner course for people who want to perfect their skills. During this complete basic training more than 160 techniques are transmitted. We teach all 4 positions: supine, side-lying, prone and sitting, as well as acupressure points, stretching and energy lines. We guide you through a picture book, including space for taking notes, which features positions of the practitioner and client.

### ADVANCED THAI MASSAGE

**Level 1: 9,000 baht / Level 2: 10,000 baht**  
**Each level: 36 hours / 6 days**

Our Advanced Traditional Thai Massage courses focus on strong, deep and creative body work. These techniques are more effective than the ones learned in beginner lesson. During these two courses about 300 different advanced techniques are transmitted through the four traditional positions: supine, side-lying, prone and sitting position. The 1st level focuses on techniques using thumbs, palms and elbows as tools. The 2nd course is based on techniques using knees and feet as tools. A complete Basic Traditional Thai Massage training, from any style and any school, is required in order to participate in these courses. Moreover, the level 1 is required in order to take the 2nd level.

## OTHER LESSONS INFORMATION

Start every day of the week except on Sunday  
6 students maximum during these lessons

### ADVANCED HAND & ARM THAI MASSAGE

**3,500 baht / 5 hours / 1 day**

This advanced course focuses on using fingers and thumbs as tools in order to enable stronger bodywork. We teach how to work deeply on receiver's hands and arms with therapeutic techniques. A complete Basic Traditional Thai Massage training (any style, any school) is required in order to take this course.

### OIL MASSAGE

**6,500 baht / 15 hours / 3 days**

Oil Massage is a relaxing type of massage performed on the floor. We teach you how to work the muscles and energy lines with oil. Our course does not include stretching, but focuses instead on using the hands to create long strokes.

### OIL MASSAGE on table

**7,500 baht / 15 hours / 3 days**

Our table based Oil Massage course focuses on using elbows, forearms, knuckles and fists as tools. This advanced class is exclusively intended for certified and experienced practitioners in oil massage, from any style and any school.

### FOOT MASSAGE

**4,000 baht / 10 hours / 2 days**

It is a good course if you want to study different techniques to relax tired feet. They are simple and easy to understand.

## FOOT REFLEXOLOGY

**6,000 baht / 15 hours / 3 days**

Foot Reflexology, also known as Foot Zone Massage, originated from China. It is a healing massage performed on the feet using fingers, knuckles and wooden stick. Reflex points are stimulated in order to treat specific organs and body parts.

### FACIAL MASSAGE

**3,500 baht / 5 hours / 1 day**

### SPECIAL FACIAL MASSAGE

**4,000 baht / 6 hours / 1 day**

This course is designed to teach you how to take care of the skin in order to retain its beauty and youth. Techniques are fine and delicate, with fresh fruits such as tomatoes, tamarind, white mud and sesame. In the Special Facial Massage course you also learn how to use hot and cold Thai herbal ball on the face.

### BODY SCRUB

**4,500 baht / 6 hours / 1 day**

Body scrub is a great way to keep the skin healthy and beautiful through exfoliation. This course is designed to teach you how to remove dead cells and impurities from the skin, eliminate blemishes and get that natural glow back. Natural products such as turmeric, aloe vera, honey, kaffir lime, oils or sea salt are applied, with blends often specially prepared to suit one's skin condition. Body scrub makes the person look and feel good as well as helping to fight cellulite and improve the skin tone by increasing the circulation of blood and lymph to the surface of the skin.

## HEAD MASSAGE

**3,500 baht / 5 hours / 1 day**

This course is designed to teach how to dissolve tension and stress by giving a soothing chest, shoulders, head and face massage. Head Massage is an excellent treatment for sufferers of sleeping disorders or headaches.

## HOT STONE MASSAGE

**10,000 baht / 15 hours / 3 days**

In this course you will learn how to use basalt lava stones to heal the body. Basalt stones retain and radiate heat for long periods. You will heat stones to 50-55 degrees, soak them in warm oil and rub them on different parts of the body. Trails of heat will flow deep into the body to ease muscle tensions. This technique creates many positive effects such as improving circulation of blood, inducing deep relaxation and balancing energy meridians.

## REUSI DATTON

**Each level: 15 hours / 50 poses / 5 days**

**Level 1: 5,000 baht / Level 2: 6,000 baht**

**Level 3: 7,000 baht / Level 4: 8,000 baht**

Traditional Thai yoga and meditation course will be a powerful practice for you, focusing on the internal systems. People who wish to do advanced Thai massage should learn this traditional yoga.

We give a total of 200 poses lesson divided in 4 levels of 50 poses. Students should practise a minimum of 6 months before taking the next level.

We also give 1h30 lesson for 400 baht / 10 poses.

## TOK SEN

**Level 1: 5,000 baht / Level 2: 6,000 baht**

**Each level: 12 hours / 2 days**

Tok Sen is a unique healing art founded only in Northern Thailand (Lanna) using a wooden hammer and stick to clear blocked energy. It uses mechanical and sound vibration, working deeply through the fascia, muscles, and tendon.

In the first course you learn basic techniques for relaxation, working on energy lines in the whole body, using a standard wooden hammer and stick.

The 2nd level focuses on therapeutic techniques, using a different tool in order to work deeper and thoroughly on specific areas of the body.

A Basic Thai Massage training (whatever style, whatever school) is required in order to participate in these courses. Minimal requirement for the 2nd level is a basic Tok Sen training from any school and any style. Wooden tools are included in both courses.

## KOREAN RELAXATION

**10,000 baht / 18 hours / 3 days**

People are on the floor and the Korean Relaxation allows them, thanks to soft mobilization, as stretching movements, to feel a very deep physical and mental relaxation. Its specificity comes from using different sorts of vibration, spreading relaxation waves throughout the body. Each part of the body is carefully and tactfully mobilized through moving rhythms, building a unity. Concerning the corporeal point, this technique allows a releasing of the breath, a freeing of the joints, a stretching of several parts of the body, a stimulation of the meridians, a releasing of the muscular tensions, a better flow of blood promoting elimination, a feeling of lightness, a sensation of cleanliness...

## SPECIAL 1 DAY LESSON

Start every day of the week except on Sunday

**THAI / OIL / FOOT / HERBAL /  
HOT STONE**

**3,500 baht per person**

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## IMPORTANT NOTICE

1. Please book at our office or through our website. We don't take reservation by phone.
2. 1,000 baht have to be deposited directly at the office for each lesson (non-refundable). Abdominal and Genital Detox Massage courses require a deposit of 10,000 baht for each lesson (non-refundable)-minimum two weeks in advance.
3. Please bring yourself:
  - clothes suitable for training (T-shirt, Thai pant)
  - photos for your certificate
  - pencil or pen



Photograph © Catherine ACEN

**Every course includes textbook and certificate excepted the one day Herbal Massage lesson.**

**Curriculum, time-tables and prices on the 1<sup>st</sup> November 2018 can be modified without any previous notice.**