ABDOMINAL DETOX MASSAGE

Only 6 students during these lessons
Level 1: 19,000 baht / Level 2: 19,000 baht
Each level: 20 hours / 4 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 2nd level focuses on stronger and deeper techniques using elbows.

NUAD KARSAI

Only 6 students during this lesson
30,000 baht / 20 hours / 4 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 available in Basic Thai Massage, Advanced Thai Massage, Oil Massage, Foot Reflexology and Reusi Datton.
For further information or reservation, please contact us through our website.

SPECIAL TREATMENT

Abdominal Detox Treatment		
	2h	**2,500 baht**
	1h30	**2,000 baht**
Nuad Karsai (genital detox treatment)		
	2h	**4,000 baht**
	1h30	**3,000 baht**
	1h	**2,000 baht**
Thai Massage Treatment	**2h**	**2,000 baht**
Head Massage	**1h**	**1,000 baht**
Hands & Arms Massage	**1h**	**1,000 baht**
Tok Sen Treatment	**2h**	**2,000 baht**

MASSAGE

Thai Herbal Massage	**2h**	**2,000 baht**
Thai Oil Massage	**2h**	**2,000 baht**
Hot Stone Massage	**2h**	**2,500 baht**
Foot Massage	**1h**	**1,000 baht**
Foot Reflexology	**1h30**	**1,500 baht**
Facial Massage	**1h30**	**1,500 baht**

Curriculum, time-tables and prices on 20th January 2025, can be modified without any previous notice.

LOIKROH

TRADITIONAL THAI MASSAGE & YOGA

SMALL GROUP LESSONS

Photograph © Catherine ACIN

MEMBER OF
THAI
Thai Healing Alliance

Open from Mon. to Sat. 9:00 – 18:00

Close on Sunday

Mae Faek, San Sai district
Chiang Mai 50290

www.loikrohmassage.com

GROUP LESSONS INFORMATION

Start every Monday
6 students maximum during these lessons

BASIC THAI MASSAGE

9,000 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: 11,000 baht / Level 2: 12,000 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

5,000 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.

THAI OIL MASSAGE

9,000 baht / 15 hours / 3 days

Thai 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.

ADVANCED THAI OIL MASSAGE

10,000 baht / 15 hours / 3 days

Our table based Advanced Thai 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

6,000 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

8,000 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

5,000 baht / 5 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.

HEAD MASSAGE

5,000 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

12,000 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
For beginners: 7,000 baht
For experienced practitioners: 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.

TOK SEN

Level 1: 8,500 baht / Level 2: 8,500 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.
We recommend you to have a Basic Thai Massage training 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. All wooden tools are included in the 1st course.

KOREAN RELAXATION

Training only available in France
Please visit www.lelotusblanc.com

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

5,000 baht per person

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IMPORTANT NOTICE

1. All the course fees include a textbook and certificate (except for the 1 day Herbal Massage course).

2. Please note that we do not accept credit card payments at this time.

3. In order to register for the courses we require a copy of your passport or a deposit of 1,000thb per course (10,000thb per special course) by bank transfer or in person at our office before the date of the course. Course deposits are non-refundable.

4. Please bring yourself:
   -clothes suitable for training (T-shirt, Thai pant)
   -photos for your certificate
   -pencil or pen

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