

# Contents

---

<b>PREFACE</b> .....	<b>3</b>
<b>INTRODUCTION</b> .....	<b>5</b>
WHAT IS THAI TRADITIONAL MASSAGE? .....	6
<b>HAVING A THAI MASSAGE</b> .....	<b>9</b>
THAI MASSAGE TREATMENT MODALITIES .....	10
PRECAUTIONS AND CONTRAINDICATIONS .....	19
IS THAI MASSAGE DANGEROUS? .....	23
WHAT TO EXPECT FROM A THAI MASSAGE IN THAILAND? .....	25
WHERE TO GET THE BEST MASSAGE IN THAILAND? .....	30
SESSION ETIQUETTE AND PREPARATIONS .....	37
THE OPTIMAL DURATION OF A THAI MASSAGE .....	39
WHAT TO WEAR TO A THAI MASSAGE IN THAILAND? .....	41
MASSAGE SESSION AMBIANCE IN THAILAND .....	44
THAI MASSAGE AND EMOTIONAL RELEASE .....	46
AFTER A THAI MASSAGE SESSION .....	48
<b>APPENDIX</b> .....	<b>49</b>