

TRADITIONAL THAI MASSAGE

PAST, PRESENT, FUTURE



BY TRADITIONALBODYWORK.COM

“When any person is sick at Siam he begins with causing his whole body to be molded by one who is skillful herein, who gets upon the body of the sick person and tramples him under his feet.”

—Simon de la Loubère,
French liaison to the Thai Royal Court in Ayutthaya, 1690

Table of Contents

Preface	6
Introduction	8
From Happy Ending to New Beginnings	9
Traditional Massage and Bodywork.....	14
Thai Traditional Massage	17
Thai Traditional Medicine	20
The Origins of Thai Massage	22
Origins of the Sib Sen Energy Lines.....	27
Jivaka The Father Doctor of Thai Medicine	30
Wat Pho The Rescue of Thai Massage	33
Traditional Styles	37
Nuad Thai, Nuad Boran, and Nuad Phaen Boran.....	38
Northern and Southern Thai Style Massage.....	41
Thai Royal Massage (Nuad Rajasamnak)	43
Thai Folk Massage (Nuad Chaloeisak).....	46
The Thai Lanna Folk Healing Arts	48
Traditional Lanna Thai Massage	51
Wat Pho Temple Style Bangkok.....	53
Old Medicine Hospital Style Chiang Mai.....	54
Thai Massage Treatment Modalities Overview	56
Shifting Perspectives	64
The Historic Thai Massage Revival Project	65
Traditional Solutions vs. Contemporary Problems	70
Holistic Massage, Body Language, and Body Talk.....	73
The Commercialization of Thai Massage.....	78
Authentic Thai Massage versus New Directions.....	82
The Formalization of Thai Massage Education in Thailand	84
Encapsulating Thai Massage in Existing Frameworks ..	88
Thai Massage Training in Thailand.....	92
Cultural Differences with Experiencing Pain	94
Thai Massage and Psychosomatics	97
Western Science and Thai Massage Therapy	99
Thai Massage Diagnostics	102
A Western Perspective on the Sib Sen Energy Lines .	106

Integrating Thai Massage with Other Bodywork	110
The Mystification of Thai Massage	112
A Western Outlook on Thai Assisted Stretches	114
Are the Thai Sen Energy Lines Necessary?	118
Standard Thai Massage Sequences and Routines.....	120
Modern Thai Massage Teacher Training in Thailand..	122
Using Hard and Soft Thai Massage Approaches	125
Changes in Thai Massage Session Durations	129
Thai Massage and Sex Work in Thailand	132
Scientific Research on Thai Massage	135
The Thai Massage Events Generation	141
Nuad Thai and the UNESCO.....	144
Teaching Thai Massage in the West	147
The Future of the Thai Healing Arts in Thailand	149

New Directions

153

Blending or Emphasizing Thai Massage Techniques .	154
AcroYoga, Partner Yoga, and Thai Massage	157
Anathai.....	160
Anatomical Knowledge and Thai Massage.....	161
Ancient Massage.....	164
Ayurveda and Thai Traditional Massage	165
Ayurveda Yoga Massage (AYM)	168
Barefoot-Thai	169
Breema Bodywork®	171
Chair Thai Massage	174
Chi Nei Tsang Thai Abdominal Chi Massage	176
Chinese Medicine (TCM) and Thai Massage.....	179
Clinical Thai Bodywork and Trigger Point Therapy	182
Flow-Nuad.....	184
Harmonics, Rocking, and Dynamic Thai Massage	185
Jap Sen Herbal Thai Massage	187
Hydra Yoga Therapy	189
Integrated and Integrative Thai Massage	190
Karsai Thai Genital Detox Massage	193
Master Mantak Chia	195
Osteothai.....	197
PhysioThai ®.....	199
Phoenix Rising Yoga Therapy	200
Reiki-Thai.....	201
RestoraTHAI	202
Rolfing Thai.....	203

SomaVeda® Thai Yoga.....	204
Structural Energy Awakening (SEA Bodywork)	205
Table Thai Massage.....	206
Table Thai Shiatsu	209
Taoist and Tantric Influences on Thai Massage	210
Thai Amatarot Massage	216
Thai Couples Massage.....	218
Thai Foot Massage & Reflexology.....	219
Thai Lomi Lomi Massage	221
Thai Massage and Energy Work	222
Thai Massage, Vipassana, and Mindfulness	225
Thai Oil Massage & Aromatherapy.....	228
Thai Shiatsu Combos	230
Thai Sportsmassage	231
Thai Swedish Massage	232
Thai Vedic Yoga.....	233
Thai Yoga Disambiguation	234
Thai Yoga Fusion Massage®	237
Thai Yoga Massage	238
Vedic Thai Yoga Bodywork	240
Wissum Nuad Tong Boran	241
ZenThai Shiatsu	242

Appendix

243