

THAI SELF-MASSAGE

TRADITIONAL SELF-CARE
WITH REUSI DAT TON



BY TRADITIONALBODYWORK.COM

Table of Contents

Preface	3
Introduction	5
What is Thai Massage?	6
Thai Self-Massage (Reusi Dat Ton)	8
Sen Lines – The Foundation of Thai Massage	10
Self-Massage Advantages and Disadvantages	12
The Thai Self-Massage Sequence	14
General Introduction – Read this First	15
Precautions & Contraindications.....	16
Feet and Legs	19
Abdomen, Chest, and Back.....	21
Hands and Arms.....	23
Shoulders, Neck, Head, and Face.....	24
Sen Lines Practice	26
Tools and Techniques	27
Warming Up the Sen Lines.....	30
Treating the Sen Lines	32
Sen Line Numbering.....	34
Sen Line Branches and Extensions.....	36
Sen Lines Charts	38
Sen Sumana	39
Sen Ittha.....	41
Sen Pingkhala	43
Sen Kalathari.....	45
Sen Lawusang	47
Sen Ulangka.....	49
Sen Sahatsarangsi	50
Sen Thawari	52
Sen Nanthakrawat.....	54
Sen Khitchanna.....	56
Acupressure Points Chart	57
Appendix	59