

The amazing health benefits of Thai Massage Therapy

Thai massage has to be the oldest healing treatment in the world.

We don't need to tell you about the lifestyle factors that may be affecting you at work or home, but we can say that a massage treatment will help you feel better, both mentally and physically. By feeling more relaxed, you will have more energy and be better able to manage the issues that life throws at you.

Manipulating, twisting and stretching your body will improve the working of your muscular, nervous, circulatory and lymphatic (immune) systems.

Your massage can be gentle or strong.
It can be full or part body.

We will ask you to answer some questions before agreeing treatment. We'll then design a personal treatment plan that suits you.

Our therapy can help you take charge of your health and well-being, but if any part of your massage doesn't feel right or is painful, do speak up straight away.



Where to find us



Lavender Thai Therapy
16 Station Parade
The Broadway
Elm Park, Essex RM12 5AB

01708 477505
07502 233 555

contactus@lavenderthaiterapy.co.uk

www.lavenderthaiterapy.co.uk

Opening Times

We are open seven days a week
Our doors open every morning at 10am

Monday to Friday	Last appointment 9pm*
Saturday	Last appointment 7pm
Sunday & Bank Holidays	Last appointment 5pm

* Weekday appointments for 6pm or after, must be pre-booked. Please phone before 5pm on the day that you wish to visit.

We strongly recommend online bookings.
This will guarantee your appointment.



We'd love your feedback!

Authentic Thai Therapy in Far East London



Lavender

Lavender Thai Therapy Trading name of Amazing Thai Therapy Ltd

Welcome to Lavender Traditional Thai Therapy.

If you have visited Thailand, one of the things you are unlikely to have missed, is getting a massage. By coming to see us, here in far east London, we are confident that your experience will be the same as if you were on holiday in the "Land of Smiles". We provide the best relaxing massage treatment with hygiene being our number one priority.

Our place is modern, bright and clean. Every member of our staff is fully qualified. We have five private treatment rooms with dimmable lighting and quiet relaxing music. Each room varies a little; some have wooden beds, or simply a large mattress on the floor, all suited to delivering the type of massage best for you. Two of our rooms have guide rails to support the therapist who may walk on your back as part of your treatment!

All our rooms are easily accessible and we have shower facilities. Fresh clean towels are provided, along with bottled water at the end of the treatment. You can use our free Wi-Fi, but we're not certain that you really need this!



Our Massages

THAI TRADITIONAL MASSAGE

This massage works the entire body using a sequence of movements that are similar to yogic stretching. You can expect to be stretched and twisted into various positions. This is good for your blood circulation and improving your energy level.

THAI HOT STONE MASSAGE

Your therapist uses heated stones, these are moved around different areas around your body. Hands and elbows are still used to ease any muscle tension. This improves blood flow, and can alleviate pain. This is an ideal massage to simply relax and relieve stress.

THAI SPORT MASSAGE

Good if you have a repetitive use injury to a muscle, such as what you may get from playing a sport. Also you can use sports massage to increase flexibility and performance. We can use soothing Tiger Balm during this treatment.

THAI DEEP TISSUE MASSAGE

This massage uses more pressure than normal. This strong massage is good for relieving muscle tension. The massage will be more intense; do tell your therapist if you feel any pain or discomfort.

PREGNANCY MASSAGE

This is a gentle massage, designed to reduce stress, swelling in the arms and legs and relieve muscular discomfort and joint pain. Experts have also said that it lowers risk for premature birth and also reduces the baby's stress hormones.

SWEDISH MASSAGE

This is a gentle type of full-body massage. It is ideal for people who are new to massage; experience a lot of muscular tension; want to manage minor pain or are sensitive to touch. It's a good choice when you want to just fully relax.

COUPLES MASSAGE

This is where you have a massage of your choice with your partner, friend, or family member in the same room. You can of course talk during the massage if you wish!

BODY SCRUB MASSAGE

This massage is popular with the ladies. The treatment exfoliates and hydrates your skin, leaving it smooth and soft. We include a shower during or at the end of your session. We can provide a clean dressing gown and slippers.

Our Prices

Thai Traditional Massage
Thai Hot Stone Massage
Thai Sport Massage
Thai Deep Tissue Massage
Pregnancy Massage
£50 for 1 hour

•
Swedish Massage
£45 for 1 hour

Couples - All Massages
£100 for 1 hour
£150 for 1½ hours
•
£190 for 2 hours

•
Body Scrub Massage
£60 for 1 hour

WE ACCEPT ALL PAYMENT TYPES

For each of the Thai Massages, in keeping with Thai tradition, customers have the option to wear thin light clothing. Expect to begin your treatment lying face down.

