

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.

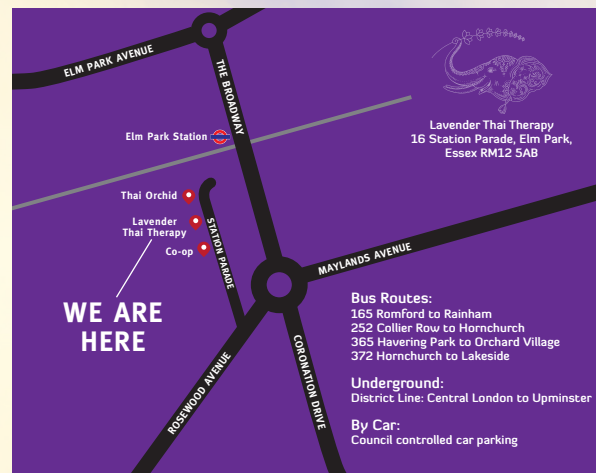
We will ask you to answer some questions before agreeing treatment. We'll then design a personal treatment plan that suits you.

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.

WE PROVIDE TRAINING IN Thai Massage Sport Massage Swedish Massage



Where to find us



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

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07502 233 555
massage@lavenderthaitherapy.co.uk

www.lavenderthaitherapy.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 Holiday	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.



Authentic Thai Therapy in Far East London



Lavender



Lavender Thai Therapy Trading name of Amazing Thai Therapy Ltd

Lavender 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 has a professional custom-made wooden bed dressed in cotton linen from Thailand. We have two rooms, including our couple's room, that have guide rails attached to the ceiling. This enables the therapist to walk on your back, so long as that is an agreed part of your treatment. All our rooms are easily accessible and are climate-controlled.

Hot oil is used for most treatments and fresh clean towels are provided. We have clean shower and toilet facilities. Consultation, including post-treatment advice, along with bottled water are available. Free Wi-Fi is easy to connect.



LAVENDER THAI THERAPY & ACADEMY (BANGKOK)
We are also a VTCT approved international centre in Thailand where we train massage therapists.

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 Sport Massage
Thai Deep Tissue Massage
Pregnancy Massage
£55 for 1 hour

Swedish Massage
£50 for 1 hour

Hot Stone Massage
£60 for 1 hour

Thai Body Scrub Massage
£70 for 1 hour

Couples - All Massages
£105 for 1 hour
£160 for 1½ hours
£200 for 2 hours

All Prices include VAT
VAT Registration Number: 333 3130 48

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.