

PRE- THAI BODYWORK CLIENT REMINDER/ CHECK LIST

What is Thai Bodywork?

Thai Bodywork is a traditional healing modality that has been around for thousands of years and is one of the most common forms of alternative medicine in Thailand.

Thai Bodywork carefully stretches and moves the body in different yoga- like positions while using compression, massage, and traction techniques to promote flexibility, balanced energy levels, relaxation, and nervous system regulation. Traditional Thai Bodywork is done with the client fully clothed lying down and or seated on a cushioned floor mat.

For the best experience for both client and therapist, please take a moment to thoroughly read checklist below BEFORE arriving to your Thai Bodywork session:

- Thai Bodywork is done always fully clothed. Client must wear comfortable full covering **T-SHIRT** long or short sleeved, **LONG PANTS** such as yoga/exercise pants, and **LONG TUBE SOCKS** for more comfort for ankle and foot holds. All clothing items must be **CLEAN**.
- For hygienic purposes, **please be bathed and fully dressed prior to arrival for session.**
- Please do NOT use strong **fragrances, perfumes, or lotions/body products** before session.
- It is highly recommended to **not eat** a meal two-three hours before session, as Thai Bodywork is most comfortable and effective done in between meals when the body is not digesting food. However, if you have low blood sugar/diabetes, you might consider eating a light snack an hour or so before session if needed to maintain sugar levels.
- Please be well **hydrated** prior to session, and to be sure to continue to hydrate **AFTER** the session for the best results.