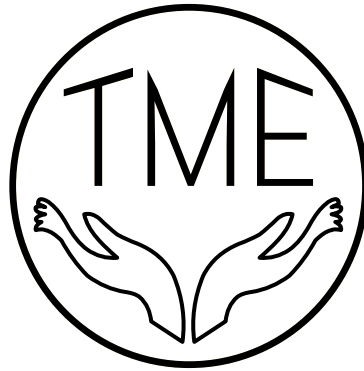


Workbook



TME® Thai Massage Education
Affiliated Partner of TMC Chiang Mai

Thai Face & Head Massage



TME® Thai Face & Head Massage Workbook

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TME Video Instructions:

All rights reserved. No parts of video instructions shall be reproduced, stored in a retrieval system, or transmitted by any means, electronic, mechanical, photocopying, recording, or otherwise, without permission from TME.

Please Note:

The information in this Workbook has been carefully researched, and all efforts have been made to ensure accuracy.

All of the procedures, postures and techniques should be carefully studied and clearly understood before they are attempted at home.

Furthermore the information is for educational purposes only. It is not intended to replace the advice of a physician or medical practitioner.

Disclaimer:

The author and TME specifically disclaim any responsibility for any liability, loss, or risk, personal or otherwise, which is incurred as a consequence, directly or indirectly, of the use and application of any of the content of this workbook. Although every precaution has been taken in the preparation of this book, the author and TME assume no responsibility for errors or omissions.

How to use TME video instructions?

Print these workbook and use it as an overview and for your own notes.

The massage video program is subdivided in several meaningful steps and techniques providing a step-by-step guidance.

Get started with watching the first step and start to massage technique-by-technique.

After having practiced the first step several times, try to massage the step uninterrupted.

When you are capable of massaging the step out of your memory in the right way then you can proceed with the next step.

Work step-by-step until the end of the massage video instruction.

Practice to massage the complete massage.

Utilize the summary list and your own notes.

Could thai massage be harmful to one's health?

Not every technique and position is suitable for everybody.

Especially the yoga/steching positions could cause an injury if applied wrong or too strong.

In particular elderly persons or those who lack exercise or seldom do physical exercise are prone to strain their muscles or to other injuries.

Contra indications are serious heart condition, high blood pressure, spinal condition, artificial joints, osteoporosis and pregnancy among others.

Be aware of your responsibility.

If you are unsure about the recipients condition or about your ability to perform a particular technique correctly, it is the best to omit it!

How long does a massage take?

The below shown times of each massage video instruction are meant to be a suggestion.

First learn to practice the massages correctly without any attention on the aspect of the length of time.

Later, more experienced you may want to plan your own massage combination according to the need of the recipient, your preference and the time available.

For this customized purpose some techniques are to be omitted or repeated.

TME Instructions \ Speed	Fast	Regular	Slow
Thai Massage	80 min.	90 min.	100 min.
Thai Yoga Massage	70 min.	80 min.	90 min.
Thai Face & Head	25 min.	30 min.	35 min.
Thai Neck & Shoulder	35 min.	40 min.	45 min.
Thai Foot Massage (after foot cleaning)	60 min.	70 min.	80 min.

What kind of equipment is required?

For Thai Massage / Thai Yoga Massage

One Thai Massage mat of 3-6cm firm foam.

(A thickness of more than 6cm is not recommended, because the pressure techniques wouldn't be efficient.)

A Yoga mat is too hard to lie on for the recipient and also for your knees.)

In the massage video we used a Thai Massage mat with the measurement of 1m x 2m, the two side mats were 1m x 50cm each.

For the mobile massage the side mats are very convenient.

While working in a stationary location you may want to choose a larger one piece Thai Massage mat, e.g. 1,80m x 2m.

Additionally you need a light blanket handy, if the recipient feels cold and a cushion and bolster.

For Thai Face and Head Massage

One Massage mat or Massage table.

One flat cushion or an equivalent e.g. a folded large towel to support the recipient's head.

High quality massage oil e.g. jojoba oil.

For Thai Neck and Shoulder Massage

Most western people are not able to sit on the floor for a longer duration and they need to sit in a higher position.

Therefore you need an additional stool or a sitting cushion.

For Thai Foot Massage

One comfortable chair/reclining chair with foot support for the recipient and a small stool for yourself.

The recipient can also lie on a massage table and you sit on a stool in front of his/her feet.

For the offer of a foot bath you need a sufficient large bowl. As an alternative you can clean the recipient's feet with hot moistened compresses or with cotton pads soaked in alcohol.

Additionally you need one foot massage stick, two small towels (ca. 50cm x 1m) and a lubricant.

As a lubricant you can use natural based oils like sweet almond oil or a paraffin based cream like "Vaseline".

The admixture of camphor, lemongrass oil or menthol etc. is very beneficial and pleasant.

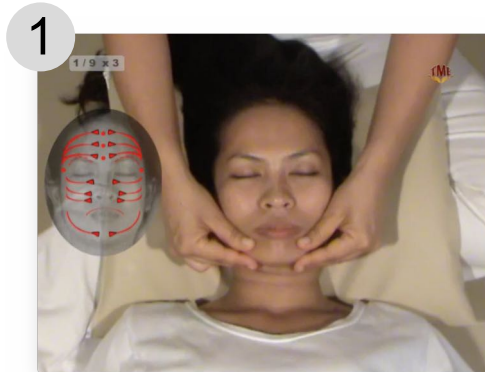
Two recipes:

1. 100ml sweet almond oil
5ml Eucalyptus oil
5gr. Camphor powder
5ml Lemongrass oil
2. 100ml "Vaseline"
5ml Olive oil
10ml "Tigerbalm"
3ml Lemongrass oil

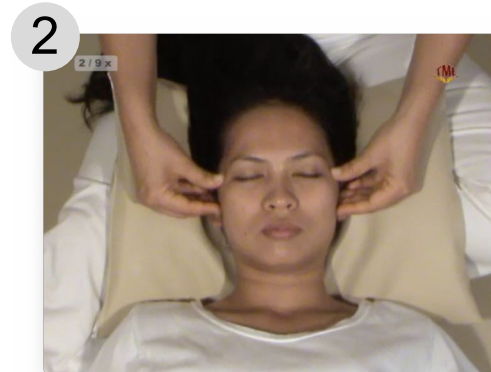
Caution: Camphor, menthol, peppermint and eucalyptus have effect as an antidote for homeopathic treatments!

Step1 (1-16)

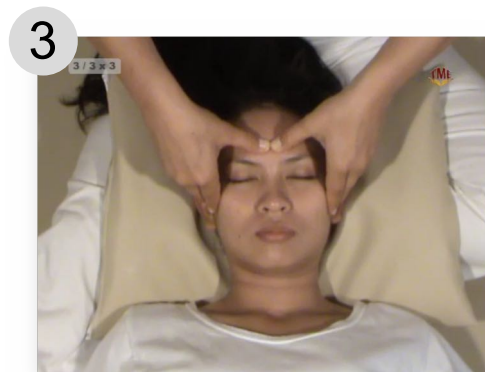
Stimulation techniques for the facial lines and points



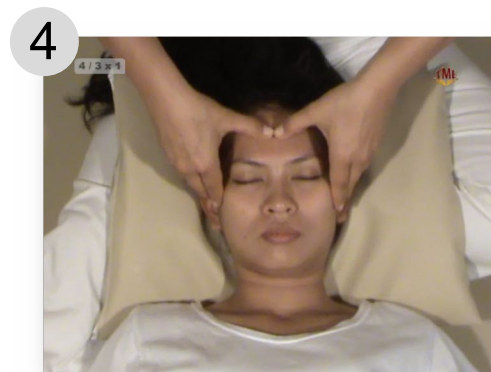
Facial lines (9 x 3)



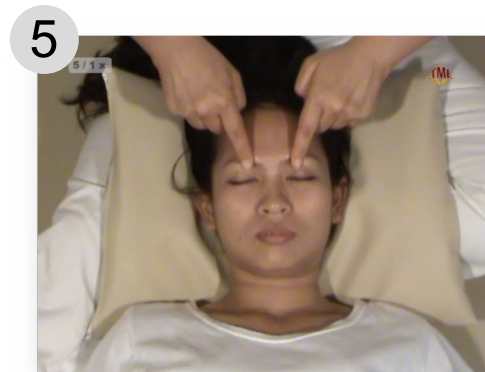
Circles on the temples (9 x)



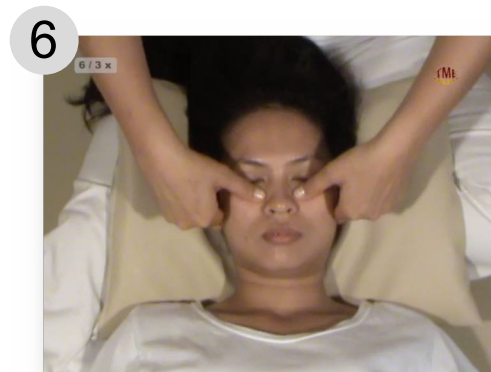
3 lines on the forehead (3 x 3)



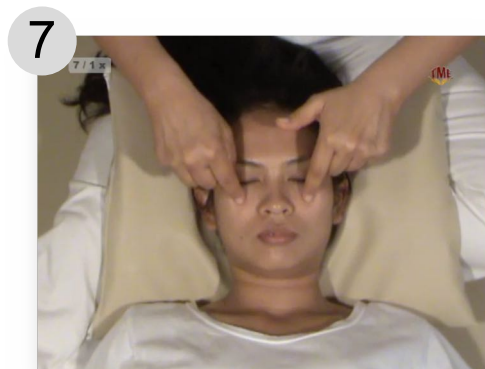
Thumb press on forehead (3 x 1)



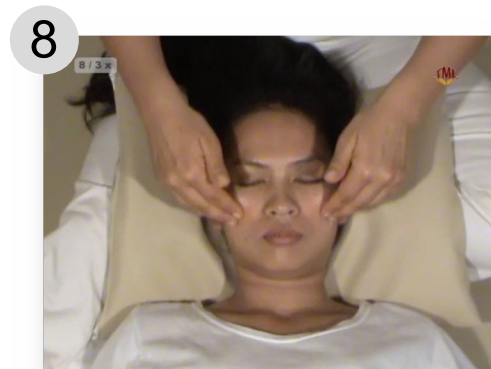
Upper eye socket border (1 x)



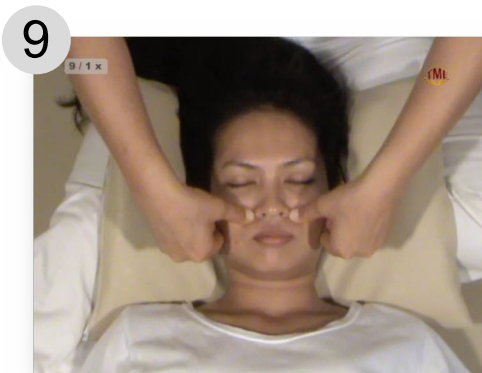
Lower eye socket border (3 x)



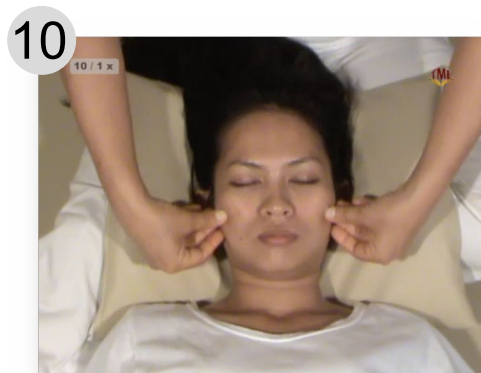
Cheek bone point (1 x)



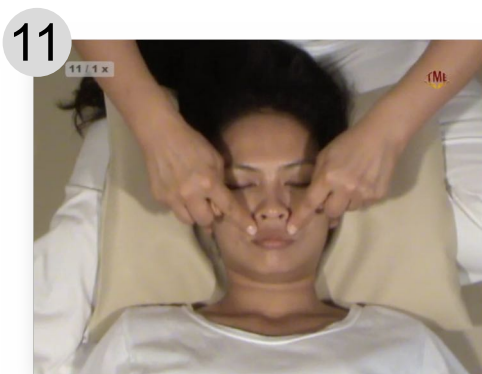
Circles on the cheek (3 x)



Nostril points (1 x)



Cheek line press (1 x)



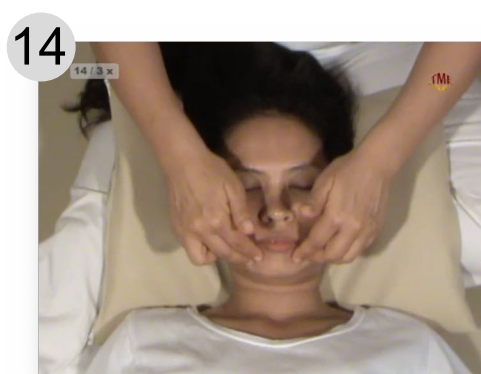
Upper lip line (1 x)



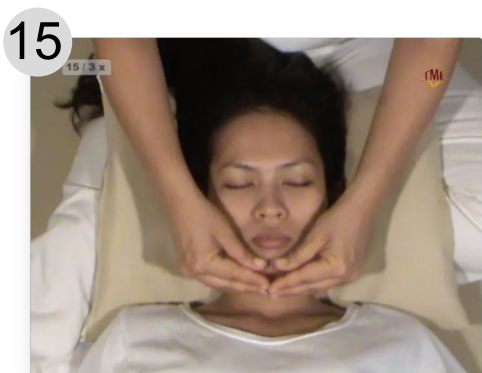
Lip corner points (10 x)



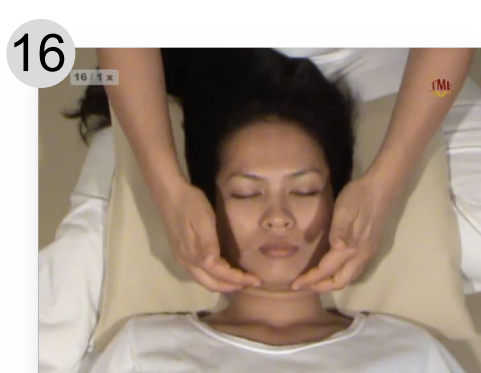
Lip relaxation (9 x)



Chin line (3 x)



Chin squeeze (3 x)



Standing circles (1 x)

Step2 (17-21)

Head and neck massage

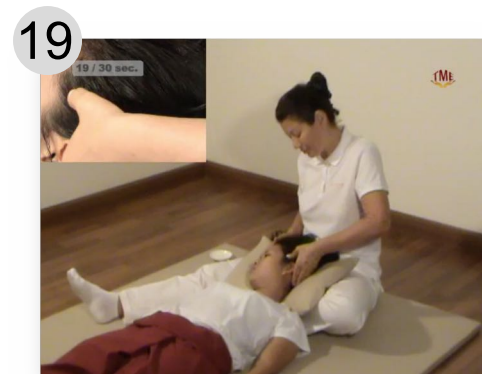
Head turned aside



Head aside, tiger paw (2 x)



Circles on the scalp (1-2 min.)



Circles on the temporal bone (30 sec.)



Circles on the neck muscles (3 x)



Sliding down the neck (20 x)

Repeat now the techniques 17 to 21 on the right side!

Step3 (22-26)

Neck and shoulder massage

Head straight



22



Neck massage, both hands (3 x)

23



Tiger paw, both hands (1 x)

24



Thumb walk on the shoulders (3 x)

25



Rolling the trapezius (3 x)

26



Finger walk underneath clavicle
(3 x)

Step4 (27-30)

Arm massage and stretching

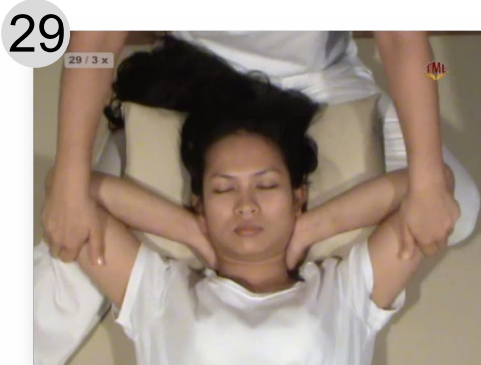


Upper arms (30 sec.)



Arm triangle (3 x)

**Repeat now the technique 28
on the right side!**



Soft upper body pull (3 x)



Arm stretch (3 x)

Step5 (31-37)

Energy balance and nerve soothing techniques



31



Clapping with the finger tips (15 sec.)

32



Spider jump (15 sec.)

33



Spider walk (30 sec.)

34



Sagittal line (1 x)

35



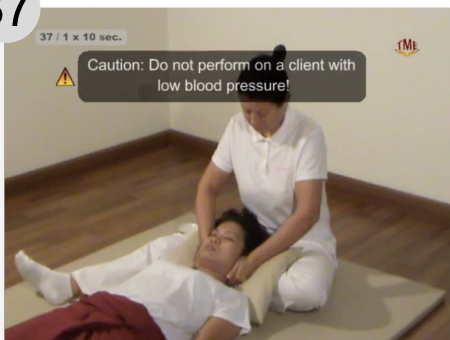
Coronal line (1 x)

36



Massaging the ear rims (3 x)

37



Ear Windgate (1 x 10 sec.)

End



The End