

WHAT IS THAI MASSAGE?

Thai massage is a method of physical bodywork rising from ancient healing wisdom of the Thai, Chinese and Ayurvedic traditions practiced throughout Eastern Asia. Also known as Lazy Man's Yoga, Nuad Boran or Thai Yoga Therapy, this unique form of bodywork combines physical touch and gentle stretching to:

-  increase your body's range of motion
-  release tension through myofascial trigger point therapy
-  increase detoxification & lymphatic drainage
-  stimulate the energy lines (known as Sen lines or meridians) and pressure points

Best of all, Thai massage leaves you feeling light, clear, peaceful and happy.



Tamara Faust

Certified Thai Bodywork Practitioner
Certified Yoga Instructor

Tamara received her Thai Bodywork training from the Thai Bodywork School in Chicago. Her practice integrates ancient Thai healing techniques with modern approaches to pain therapy. She uses myofascial trigger point therapy to identify physical pain patterns in the body and Thai bodywork techniques to treat the pain. She also teaches yoga as a complement to her Thai Bodywork practice. In her yoga classes, Tamara integrates therapeutic self-care techniques, utilizing principles including Traditional Thai Bodywork and Anusara yoga to help people practice self-care and achieve physical, emotional and spiritual balance.



THAI YOGA BODYWORK
@ Alchemy Health & Yoga Center

1119 North Seventh Avenue
Bozeman, MT 59715

406.599.6145

info@tamarafaust.com
www.tamarafaust.com



**THAI YOGA
BODYWORK**

www.tamarafaust.com

In Pain?
Chronically Ill?
Fatigued & Depleted?
Feeling Lazy?
Overworked?
Overstressed?
Too Much Tension?
Imbalanced?
Recovering from Surgery?



THAI MASSAGE CAN HELP YOU

- Reduce stress, chronic pain and tension
- Increase flexibility and range of motion
- Increase lymphatic drainage
- Increase resistance to illness & injury
- Stimulate functioning of internal organs
- Deepen yoga practice
- Release stagnant energy
- Increase mental focus and physical energy
- Relieve sore muscles and joints
- Release toxins & lactic acid
- Feel confident and energized
- Heal from chronic pain, injury or illness
- Restore natural biorhythms

WHAT CONDITIONS BENEFIT FROM THAI MASSAGE?

- Chronic illness
- Chronic pain, fibromyalgia, arthritis
- Joint pain, tendonitis, carpal tunnel
- Manual labor stress
- Trauma, PTSD, sexual/physical assault
- Pain from physical exertion and training
(yoga practitioners, athletes, bodyworkers)

"Words cannot convey the total value of Thai Massage. It has to be experienced."

HOW THAI MASSAGE IS DIFFERENT

Thai massage is like no other form of bodywork; the benefits parallel those of yoga and more.

You remain fully clothed and lie on a thick futon-like mat. This is necessary as a single treatment may have you lying on your back, your belly, on your side and in a seated posture. Your position depends on the needs of your body, and your therapist positions you for optimal treatment.

No oils or lotions are used. Instead, to achieve deeper contact, your therapist uses her hands, feet, knees, elbows and forearms to apply deep pressure throughout your body.

You will also be guided into passive yoga postures to further increase range of motion and provide injury resistance. Thai massage is an experience in depth and flexibility that is nearly impossible to achieve any other way. Each session is uniquely tailored to meet client needs and comfort levels; flexibility is not required.



UNIQUE TREATMENTS

Heated Thai Massage

Each session with Tamara includes the use of a BioMat, a giant heating pad filled with amethyst crystals. Infrared light moves six inches into your body, healing you from the inside out.

Hot Steamed Herbal Massage

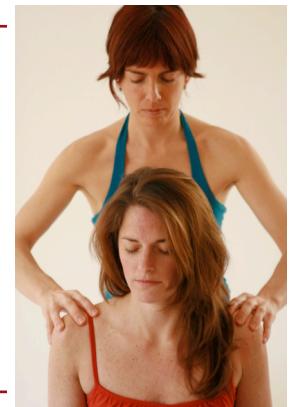
Also available is Luk Pra Kob, a steamed poultice filled with Thai herbs including lemongrass, ginger and eucalyptus. The blend works miracles at reducing pain, inflammation and tension—all the while improving skin quality, breathing and vision.

RATES

\$80 ~ 60 MINUTE SESSION

\$110 ~ 90 MINUTE SESSION

\$130 ~ 90 MINUTE LUK PRA KOB



INTRODUCTORY RATE: RECEIVE \$10 OFF YOUR FIRST THAI BODYWORK SESSION WITH TAMARA.

Sliding fee scale available upon request. Income based rates range from \$25-\$75 per hour and \$40-\$100 per 90 minutes.

FOR YOUR SESSION

Wear loose, lightweight, comfortable long pants and a short or longsleeved T-shirt.

To schedule a session, call 406.599.6145