



Thai Herbal Ball Foot & Leg Massage

This Thai herbal ball massage incorporates heated herbal balls into a massage treatment for the feet and legs. The herbal balls are heated in a steamer, then applied directly to the skin after the massage in this treatment. The herbal ball is excellent for relief of stiff, sore, or strained muscles and ligaments in the foot and legs. The blend of traditional Thai herbs used in our herbal balls have a therapeutic, relaxing, and invigorating effect on the body and mind, while also soothing sore and over-worked muscles in the feet and legs and giving a boost for the body's life energy level. Massage leg first then follow with the heated herbal ball:

Precaution:

Please review safety of working with the herbal ball before you begin this treatment.

- 1) Client is seated comfortably with shoes/socks off.
- 2) Clean feet with hand cleaner and paper or cloth towel.
- 3) Massage Left leg and foot with massage oil (our very own *Thai Spice* or *Thai Heaven* recommended) using long, soothing strokes and circular friction. Go over foot with attention to moving toes and ankle. Use long, deep strokes through the arch; using thumbs or knuckles around heel.
- 4) Finish massage with light feathery downward strokes from knee to toes. About 2 minutes for massage of foot and leg.
- 5) Remove Thai Herbal Ball from heat source. (Be very mindful of the temperature of the ball; wrap a hand towel around the stem to remove from steamer, if needed. Test temperature on your forearm regularly and solicit feedback from client.) Starting at the top of the foot, mid-foot, and ankle by applying the herbal ball in a fast-paced, pressing movement. Then, using a slower rocking or rolling motion, move up the Sen Lines of the leg (these are lines of energy-there are three-an equal distance apart on the front of the leg). Repeat, rolling up the leg two more times (total 3).
- 6) Move to the sole of the foot. Starting at the ball of the foot, roll or rock the herbal ball under the toe line, then continue down the foot through the arch and around the heel (repeat for total of 3 times).
- 7) Put ball back into steamer and then finish the leg/foot with some Indian rubbing or sweeping motions.
- 8) Repeat steps 3-7 on Right leg/foot. Five minutes.
- 9) Close massage by holding the feet and gently laying hands on tops of both feet and lightly grasping foot. Hold for a few seconds to allow an energetic connection to settle in; quietly release. Note: This treatment is for a ten minute show massage and only done in the pronated position.

Safety Precautions:

- Lift steamer lid so that steam flows away from you.
- Handle ball with cloth when removing from steamer.
- Always test temperature, especially after removing ball from steamer.
- Solicit temperature feedback from client during application.
- At outset, stamp with light, rapid motions to avoid overheating the client's skin.
- Some of the herbs, such as turmeric, can stain clothing.

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