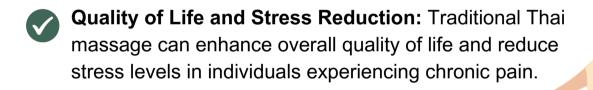
THAI MASSAGE

BENEFITS AND SAFETY CONSIDERATIONS



Pain Relief: Thai massage has been found to help reduce pain intensity in individuals with low back pain, trigger points, and chronic neck pain.



Improved Range of Motion: Thai massage has been shown to improve head and neck movement compared to other treatments and interventions.

> While more research is needed, Thai massage appears to be generally safe. The few reported side effects include mild muscle aches and soreness after treatment.