



Ingredients Of Herbal

Phrai– Has the ability to help bronchial symptoms, asthma and colds. These anti-inflammatory properties when applied topically have a deep soothing effect to any contusion, sprain and inflammation of a joint or ligament.

Ginger- An incredible energizer that increases blood circulation facilitates muscle toughness and sinus cleaning, relieve anxiety, nervousness, swelling. It is also effective for treating migraines and muscle pain.

Lemongrass– Has anti-inflammatory properties and is used for sprains, bruises and sores muscles.

Bergamot- It is commonly utilized for colds, fevers, cerebral pains and assists with stress and anxiety.

Turmeric– This herb has a cleansing effect on the skin and promotes healing. Turmeric- has anti-inflammatory and antiseptic properties and helps with bruises, joint pain, sprains or muscles pain.

Camphor- The crystals from camphor are used in most saunas. Camphor is used for stimulating and dilating effects for the respiratory system. It also has a calming effect on stress, anxiety and insomnia. Topically Camphor crystals has anti-inflammatory and analgesic properties and helps with muscles stiffness, sprains, strains, bruises or swelling.

Tamarind- A specialist that lights up and hydrates the skin; is especially loaded with antioxidants

Benefits Can You Expect from a Thai Herbal Compress Massage

Deeply relaxing

Anti-oxidant

Anti-microbial

Anti- inflammatory

Eases pain and tension

Stimulates the internal organs

Stimulates the lymphatic system

Helps relieve stress and fatigue

Improves circulation and blood flow

Contraindications:

- Hypertension, High Blood Pressure
- Diabetic peripheral neuropathy (Exposure to high blood glucose levels over an extended period of time causes damage to the peripheral nerves – the nerves that go to the arms, hands, legs, and feet).
- First -trimester pregnancy
- Any allergies to the herbs used