

Why should I care if a massage therapist is licensed, has adequate training, or is nationally certified?

You may be asking, "why should I care if a massage therapist is licensed?" Would you trust your kids to an unlicensed dentist, your parents to an unlicensed nurse, or even your pet to an unlicensed veterinarian? Of course not! Then why put yourself in the hands of any other questionable, ill-trained "health professional"?

Indiana does not currently have state licensure (there is legislation currently pending). This means that anyone can take a weekend seminar and advertise themselves as a massage therapist. You as the consumer need to protect yourself against inadequately trained therapists. Without the proper knowledge and training, a massage therapist could seriously injure you. (Note: I do have a state license from Florida.) There are things you should ask a massage therapist to be sure they are qualified.

- **"Did you graduate from massage school ,and if so, how many hours did it involve?"** Most states who have licensure require at least 500 hours. (Note: I have over 800 hours of massage school training)
- **"Are you nationally certified?"** National certification shows a commitment to professionalism and knowledge. It involves a very extensive test covering anatomy and physiology, clinical pathology, massage theory, assessment and technique, professional ethics, and business practices. A therapist must complete continuing education classes yearly and adhere to a code of ethics and standards of practice. (Note: I am nationally certified.)
- **Are you a member of a professional organization?"** (American Massage Therapy Association or Associated Bodyworkers and Massage Professionals, for example.) Once again this shows a commitment to professionalism. (Note: I am a professional member of American Massage Therapy Association.)

A massage therapist with adequate training and certifications should never hesitate to tell you about his/her training and show you the certificates. If he/she refuses to do so or is vague about his/her training, this is a red flag. Your health and well-being should be your utmost concern.

Benefits of Thai Massage

- Help release chronic tension and pain
- Increase joint flexibility
- Reduce mental and physical fatigue, stress, and anxiety
- Promote faster healing of injured muscle tissue
- Improve posture
- Reduce blood pressure
- Promote better sleep
- Improve concentration
- Create an overall sense of well-being
- Bring balance to the mind & body
- Connect to inner self & spirit

Body N Soul Massage



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Thai Massage



Thai Massage - an ancient art of body therapy for healing, health, and *transformation*

Thai massage is one of the world's oldest healing arts, and yet it is uniquely effective for releasing modern-day stress and maintaining, or returning to, healthfulness and vitality. By addressing the whole person (body, mind, heart, spirit) within a dynamic physical experience, one can become whole again on a physical, mental, emotional, and spiritual level. It is both deeply relaxing and energizing.

Thai Massage originated in India during the Buddha's lifetime over 2500 years ago, and tradition tells us that it was brought to this world by a saint, the "Father Doctor Shivago". Early in its development it spread to Southeast Asia where, for centuries, it was performed by monks as one element of indigenous Thai medicine. The Thai people traditionally saw illness as an imbalance in the body-mind-spirit, and sought help at the local temple, where they were treated with nutrition, herbs, meditation, and Thai Massage. While its evolution is clouded by the passage of time and the lack of written records, one can see from the movements (which often mimic asanas) and attention to pressure points (similar to nadis and meridians) that it is greatly influenced by yoga, Ayurvedic medicine, and traditional Chinese medicine.

Sessions typically last either 50 minutes, 80 minutes, or two hours, and are performed on a floor mat with the client dressed in comfortable loose clothing. Thai Massage uses two primary procedures - applying gentle pressure with the hands and feet, and a wide variety of passive stretching movements. With these techniques, applied in a quietly meditative atmosphere, space is created in the musculoskeletal structure, the body begins to open and regain flexibility and ease of movement, while the mind gently returns to calm alertness. Tension and toxic material is released from the joints, muscles, and connective tissue. The energy body, as well as the internal organs, are stimulated by pressure on peripheral reflex points.

It appeals to people, and is effective, because it treats the client with respect while encouraging them to let go of physical and emotional restrictions and to go beyond their present limitations. There is an opportunity for strengthening our connection to our inner self, to our true spirit, and in so doing, to the universal elements that connect us and give us life. As Arthur Lambert so eloquently said,

"Thai Massage assists our innate desire to return to optimal health and optimum performance, contributing to a sense of ease and well-being. One begins to sense the rightness of the inner self, being, and of life."

This ancient therapy is beneficial for young and old, active or inactive, healthy or not so healthy. While each person will respond to this work in terms of their own experience and present state of health, it is well to remember that Thai Massage has been used for countless generations to treat degenerative conditions and promote wellness. The potential for healing is as great as our consciousness allows.

