

encyclopedia of thai massage pdf

Massage is to work and act on the body with pressure. Massage techniques are commonly applied with hands, fingers, elbows, knees, forearms, feet, or a device. The purpose of massage is generally for the treatment of body stress or pain.

Massage - Wikipedia

Thailand (Thai: ประเทศไทย) (/ ˈt aɪ l ə n d, -l ɛ t m n d / TY-land, -l ɛ t m nd); officially the Kingdom of Thailand and formerly known as Siam (Thai: สยาม), is a country at the center of the Southeast Asian Indochinese peninsula composed of 76 provinces. At 513,120 km² (198,120 sq mi) and over 68 million people, Thailand is the world's 50th largest country by total area ...

Thailand - Wikipedia

Die einzigen schriftlichen Überreste zur Thai-Massage sind auf Palmblätter in Pali-Sprache und Khmerschrift verfasst und wurden 1832 vom damaligen thailändischen König Nang Klao (im Tempel Wat Pho in Bangkok in 60 Steintafeln graviert. (Epigravuren sind dort noch heute zu besichtigen).

Thai-Massage - Wikipedia

Le massage thaïlandais recouvre le corps entier [5]. La théorie du massage thaïlandais se fonde sur le concept de lignes d'énergie liées au corps [6]. Si ces lignes d'énergie sont bloquées, cela provoque un problème de santé, comme le stress, la tension artérielle élevée ou de la fièvre. Quand le corps ne va pas bien, l'esprit est aussi faible.

Massage thaï - Wikipedia

Il massaggio tradizionale thailandese viene denominato "nuad phaen boran" (ประเทศไทย "à nuad phaen boran") in lingua thai e significa letteralmente toccare per guarire (nuad) e antico/degno di riverenza (boran). È normalmente eseguito a terra, dove colui che lo riceve e colui che lo dà indossano abiti confortevoli; ha una durata media di 2 ore e mezza e non è consentito l'uso di oli.

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