



Frequently Asked Questions

What is Thai Solution Massage?

Thai Solution Massage is a highly effective therapeutic treatment that combines traditional Thai massage techniques with targeted approaches designed to address specific muscular, postural and movement-related issues. Each treatment is tailored to your individual needs rather than following a standard routine.

How is Thai Solution Massage different from a traditional massage?

Unlike many spa-style massages that focus primarily on relaxation, Thai Solution Massage is designed to identify and address the root causes of pain, tension and restricted movement. Treatments may incorporate stretching, compression, mobilisation and targeted soft tissue work to help improve function and reduce discomfort.

What conditions can Thai Solution Massage help with?

Clients commonly seek treatment for:

- ✓ Back pain
- ✓ Neck and shoulder tension
- ✓ Sciatica-related discomfort
- ✓ Hip pain
- ✓ Postural issues
- ✓ Sports and exercise-related aches
- ✓ Reduced mobility and flexibility
- ✓ Stress-related muscular tension
- ✓ Migraine and Insomnia
- ✓ "Office Syndrome"
- ✓ Relaxation

If you're unsure whether treatment may be suitable for your specific concern, please get in touch before booking.

What should I wear to my appointment?

Comfortable, loose-fitting clothing is recommended. Unlike oil-based massage treatments, many Thai techniques are performed through clothing and involve assisted stretching and movement. I provide loose modesty shorts for all my clients regardless of gender.

Will the treatment be painful?

Treatment should never be unbearable. Some areas of tension may feel intense as restrictions are addressed, but pressure is always adapted to your comfort level. Communication throughout the session is encouraged.

Is Thai Solution Massage suitable for everyone?

Most people can benefit from treatment, but certain medical conditions may require modifications or may mean treatment is not appropriate. A consultation and health questionnaire will be completed at your first appointment.

How long is a treatment session?

Session lengths vary depending on your needs. Please refer to the booking page for current treatment options and durations.

What happens at my first appointment?

Your first session will include:

A discussion about your symptoms, goals and medical history

Aftercare advice and recommendations

How many sessions will I need?

This depends on the nature and duration of your symptoms. Some clients experience significant improvement after a single treatment, while longer-standing issues may benefit from a course of sessions. Where this is the case, I will offer a Treatment Plan.

Do I need to be flexible?

Not at all. Treatment is adapted to your current level of mobility and flexibility. Many clients come specifically because they feel stiff, restricted or unable to move comfortably.

Where are you located?

My studio is based in Lostwithiel, Cornwall, just a 10-minute walk from Lostwithiel railway station.

Can I reach the studio by public transport?

Yes. The studio is conveniently located in Lostwithiel and is accessible by both train and bus.

Lostwithiel railway station is on the direct London–Penzance line and is just a 10-minute walk from the studio, making it easy to visit from across Cornwall, Plymouth, Devon and further afield. The town is also served by local bus routes connecting Lostwithiel with nearby towns and villages, including Bodmin, St Austell, Truro, Fowey and Liskeard.

If you're travelling by public transport and would like advice on the easiest route, please feel free to get in touch before your appointment. Many clients choose to combine their treatment with a stroll around Lostwithiel's independent shops, cafés and beautiful riverside setting.

Do you have parking available?

Secure and Private parking is provided for the duration of your appointment.

Why travel to see me?

I am currently the only practitioner trained in Thai Solution Massage in Devon and Cornwall. Clients often travel significant distances to access this specialist treatment, particularly when other approaches have not resolved their issues.

Can I book if I don't have pain or an injury?

Yes. Many clients' book treatment to maintain mobility, relaxation, manage stress, maintain well-being or simply to feel better in their bodies.

How do I book?

Appointments can be booked online via my **Website: www.nangsthaimassage.co.uk**, my FB Page "Nang's Thai Massage", or via this direct link:

<https://www.planfy.com/booking-widget/nangs-thai-massage>

You can contact me directly if you'd like to discuss your needs before scheduling a session. I am frequently in practice, so it is always best to message or email in the first instance