

Nang's Thai Massage Practice Information

48 Bourne House, Grenville Road, Lostwithiel PL22 0ER | 07496 268815

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Introduction to my practice

My name is Yuphaphin, although everyone calls me Nang, my familiar family name. I was born and raised in Thailand, where massage is a familiar and, for many people, an essential part of everyday health and wellbeing. I trained in Traditional Thai Massage in Chiang Mai and practised before coming to England with my husband 21 years ago.

For many years we ran a busy Thai restaurant in Looe. Over time, long hours standing in a hot kitchen and repetitive work began to take their toll on my own body, causing pain, strain and numbness. That experience brought me back to massage, first to help myself and then to rebuild my practice. I later established Nang's Thai Massage in Lostwithiel.

A major turning point in my practice came when I discovered Thai Solution Massage and began training with Master Suthep Mevattana of THAIBOOST Academy, based in Thailand and the Netherlands. For me, Thai Solution Massage represents a return to the older and royal traditions of Thai massage - purposeful bodywork rooted in ancient Thai knowledge and intended to work with the whole person.

My specialist training is in the Nuad Benja Phakhi 4 System +1 model developed by Master Suthep over more than 20 years. It brings together Ancient Thai Acupressure, Shiatsu, Tui Na, Myofascial Release and Acupuncture principles. The training has deepened my understanding of how different areas and systems of the body can influence one another, so I do not simply work where discomfort is felt; I consider the wider pattern and adapt my approach to the individual.

My learning is continuous, through regular online study and intensive training camps in Thailand and the Netherlands. At the heart of my practice are *Mettā* and *Karuṇā* - Buddhist qualities of loving-kindness and compassion. For me, these are not simply ideas; they shape the way I work. I listen carefully, treat each person with kindness, respect and understanding, and tailor each treatment to the individual and the particular issue they have come to me with.

Making an appointment

Appointments can be made through my website at www.nangsthaimassage.co.uk, through the Planfy booking link on Facebook or Google Business, or by scanning the QR code in this guide. You can also contact me directly if you would like to discuss your needs before booking.

When booking online, a £25 deposit is taken to secure your appointment. The remaining balance must be paid before treatment commences. If you wish to pay the balance by bank transfer, my business account details are shown below. Cash is also accepted.

Before your treatment

Before your appointment I will ask you to complete a short health questionnaire so I can gain a broad understanding of your wider health, what is troubling you and any areas that may need particular care. We will then talk through your needs before treatment begins.

I am not a qualified medical professional and I do not diagnose or treat medical conditions. If you have a health condition, or are unsure whether massage is appropriate for you, it is always helpful to check with your GP first.

Clothing and behaviour

For all treatments, please wear loose, comfortable clothing that does not restrict movement. I provide large modesty shorts for clients where appropriate; you may bring your own provided they are loose and

suitable for treatment.

Please be aware that I do not provide sexual services. My treatments are for therapeutic and relaxation purposes only. Any sexualised or otherwise inappropriate behaviour, language or suggestion will result in the treatment ending immediately. Persistent or serious behaviour may be reported to the police or other appropriate authorities.

Business terms and conditions

- All massage is by appointment only. I do not provide a drop-in service.
- A £25 deposit is payable when booking online. The remaining balance must be paid before treatment commences.
- If you need to change or cancel your appointment, please give at least 24 hours' notice. With less than 24 hours' notice, the full cost of the appointment is payable.
- Please arrive in good time, ideally 10-15 minutes before your appointment, particularly if we need to discuss anything before treatment begins.

Treatments and prices

Book online at www.nangsthaimassage.co.uk or scan the QR code.



Specialist Thai Solution Massage

Problem-focused | Fully clothed | Oil-free

Thai Solution Massage is my specialist, problem-focused treatment for people experiencing persistent pain, tension, stiffness or restricted movement. Rather than concentrating only on the place where you feel discomfort, I look at how the body is moving as a whole and at the muscles, tendons and surrounding soft tissues that may be contributing to the problem. Using a combination of pressure, movement and stretching, each treatment is individually adapted to you. The aim is to help reduce tension and stiffness, encourage easier movement and support greater comfort and wellbeing. Thai Solution Massage is oil-free and fully clothed.

1 hour	£65
1.5 hours	£85
2 hours	£110

Thai Ayu wattana Massage

Maintenance & Wellbeing | Fully clothed | Oil-free

Thai Ayu wattana Massage is designed as a maintenance treatment for people who want to keep their body moving well, reduce everyday tension and support ongoing wellbeing. It is fully clothed, oil-free and individually tailored, using pressure from light to deep according to your needs. While Thai Solution Massage is my specialist, problem-focused treatment for persistent pain, stiffness and restricted movement, Ayu wattana is particularly suited to regular maintenance once the body is feeling more settled. It can help ease muscular tension, encourage relaxation and support a greater sense of balance and wellbeing.

1 hour	£65
1.5 hours	£85
2 hours	£110

Lymphatic Drainage

Gentle, specialised treatment

Lymphatic Drainage Massage is a gentle, specialised treatment designed to support the natural movement of lymphatic fluid through the body. Using light, rhythmic techniques, the treatment can help encourage healthy lymphatic flow and may be particularly helpful for people experiencing puffiness, feelings of heaviness or mild fluid retention. It also incorporates appropriate Thai Solution techniques where helpful, while keeping the treatment gentle and individually adapted to you. The aim is to support lymphatic flow, encourage relaxation and leave you feeling lighter, more comfortable and refreshed.

1 hour	£65
1.5 hours	£85
2 hours	£110

Thai Ruud Sen Massage

Traditional Thai Massage | With or without oil

Thai Ruud Sen is an authentic Traditional Thai Massage using pressure, stretching and movement to work with the body as a whole. It can be given with or without oil. This treatment is designed to ease general muscular tension, improve flexibility and encourage deep relaxation in both body and mind. While Thai Solution Massage is my specialist, problem-focused treatment for persistent pain, stiffness and restricted movement, Ruud Sen is better suited to people looking for a more traditional Thai massage experience, general tension relief and overall wellbeing. Each treatment is adapted to the individual person.

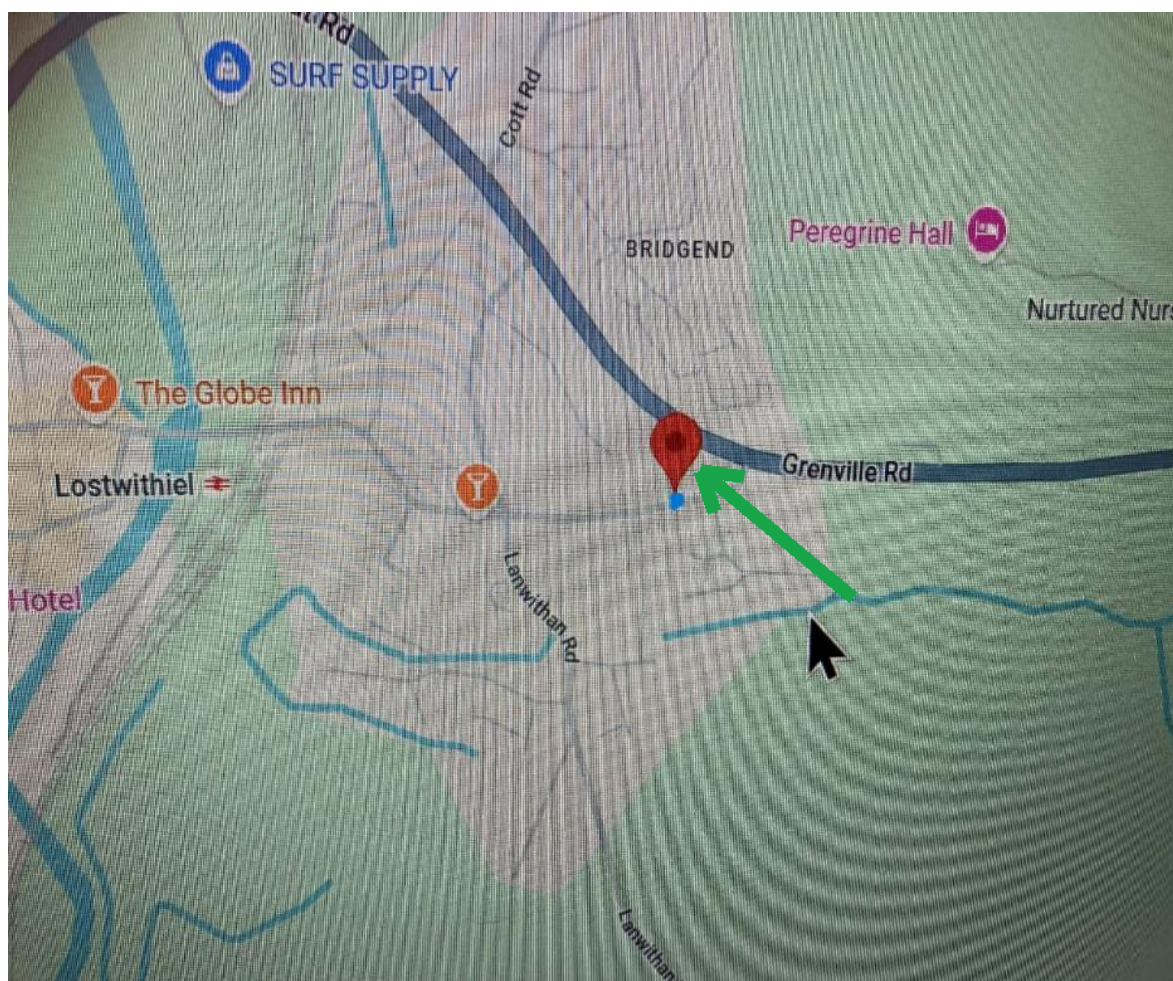
1 hour	£65
1.5 hours	£85
2 hours	£110

If you are unsure which treatment is most suitable, please contact me before booking.

Bank transfer details

Mrs Y Clay | HSBC Business Account
Sort code: 40-36-22 | Account number: 44060709

Directions to the studio



"The Studio"
48 Bourne House, Grenville Road
Lostwithiel PL22 0ER
T: 07496 268815
www.nangsthaimassage.co.uk

From A390 turn into Grenville Road (signposted Earl of Chatham). About 50 yards down, opposite Turquoise House, turn up the driveway. My studio is on the right.



Google brings you to the right postcode but not the right property. If you see the house with the red door shown on the left, this is not the right one. Turn around: on the opposite side of the road is the driveway shown on the right. You can drive up and park. Please call 07496 268815 if you need help.