

Transport yourself to Thailand



Thai Massage Every Thursday at Robin Hill Clinic

(or by appointment)



Thai Massage Practitioner, **Jai**, has recently joined our team at Robin Hill Clinic. She was trained in the amazing art of Thai massage and has been practicing at various Spas and Resorts across Thailand and Ireland since 2002.

Centuries ago, a dynamic bodywork therapy based on yoga and Ayurveda was born in the temples of Thailand. In this unique healing system of Traditional Thai massage - the practitioner guides the recipient through a series of yoga postures while palming and thumbing along the body's energy ("Sen") lines and pressures points. Together these actions result in a comprehensive full body treatment that relieves muscular tension, improves circulation, boosts the immune system and balances the body energetically.

**For Appointments
Contact
Robin Hill Clinic**

021-4812222



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