

# Prices

Traditional Thai Massage

Oil Thai Massage

Osteothai

180 minutes € 200

150 minutes € 160

120 minutes € 130

90 minutes € 100

Pregnant Woman Massage

150 minutes € 160

120 minutes € 130

Abdominal Detox Massage (Chi Nei Tsang)

One session € 130

Karsai Massage

One session € 150

Massage at home in Poitiers

120 minutes € 160

Professional training in Traditional Thai Massage, Oil Thai Massage, Abdominal Detox Massage, Karsai Massage, Tok Sen, Korean Relaxation, Hot Stone Massage and Chinese Chair Massage.

Please visit our website for more details.

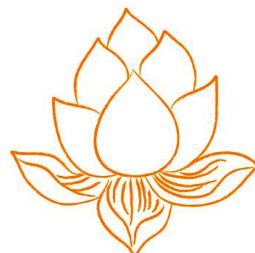


Xavier & Coocky HLAVACEK

Founder and director of the massage school *Le Lotus Blanc*® in Poitou-Charentes, Xavier has specialized for over twenty years in Traditional Thai Massage, Chi Nei Tsang, Karsai Massage and Osteothai.

Xavier is also trained and certified in Qi Gong by Dr JIAN LiuJun of the Institut du Quimétao, and holds a Bachelor's degree in Psychology.

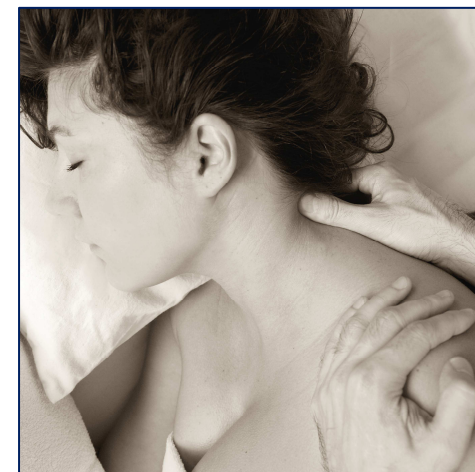
Founder and director of *LoiKroh Traditional Thai Massage & Yoga* in Chiang Mai, Thailand, Coocky is one of the world's leading specialists in Traditional Thai Massage, Chi Nei Tsang and Karsai Massage.



LE LOTUS BLANC

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LE LOTUS BLANC®  
*Health and longevity arts*  
since 2000



Traditional & Oil  
Thai Massage

Pregnant woman

Osteothai

Chi Nei Tsang

Karsai Massage

Individual sessions by appointment  
Professional training

## Thai Massage

Based on the foundations of Buddhist medicine, Traditional Thai Massage or Nuad Boran, an ancient art, is performed with the patient dressed and on the floor. The practitioner uses pressure with his hands, feet, elbows, forearms and knees, as well as mobilizations and stretches in postures similar to those practiced in yoga. These are complemented by reflexology action on the feet, hands and head. This method has a toning effect, which relaxes, recenters and provides a state of deep well-being.

## Oil Thai Massage

Oil Thai Massage is a variation of the Traditional Thai Massage recommended for maintaining well-being. It acts in a relaxed and soothing way on the muscles, from the feet to the head and to the fingertips, lying on back and then on stomach. It provides well-being and serenity, erases tension and fatigue, strengthens vitality, softens the skin and releases the joints.

**Very well adapted to pregnant women**, this method allows to approach childbirth in the best conditions by reducing stress and physical discomfort, and by increasing the ability to relax. This oil massage can also help the young mother after childbirth through the well-being it provides, which facilitates breastfeeding, as well as helping her regain her body.

## Osteothai

This technique is the integration of osteopathic principles into Traditional Thai Massage. It combines the extraordinary feeling of Thai techniques with the precision and gentleness of touch of osteopathy. Osteothai is practiced on the floor, with the patient dressed. The practitioner uses not only his hands, but also his feet, knees, elbows, which opens up rich and varied perspectives. Osteothai combines the richness of stretching the muscle chains and the work of the energy lines of Traditional Thai Massage, as well as the osteopathy's work of releasing tissue tensions and restrictions of structural and joint mobility.

## Massage courses

Throughout the year we offer you different professional massage courses in small groups in **Traditional Thai Massage, Oil Thai Massage, Oil Massage on table, Abdominal Detox Massage, Karsai Massage, Tok Sen, Korean Relaxation, Hot Stone Massage** and **Chinese Chair Massage**.

All our massage courses are identical to those provided at the "LoiKroh" school in Chiang Mai, Thailand.

Do not hesitate to contact us if none of the dates offered on our website match to your schedule.

## Chi Nei Tsang

Based on the movement of vital energy, **Abdominal Detox Massage** (or Chi Nei Tsang) helps the body to free itself from stress and promotes healing and well-being. The techniques are localized in the abdominal area and around the navel where stress, tension and negative emotions accumulate to lead to congestion. This therapeutic massage allows to quickly release negative emotions, tension and diseases by comforting the abdominal region and facilitating the circulation of energy in the internal organs. It is very effective in the treatment of digestive problems, and to eliminate headaches, menstrual problems and back pain.

## Karsai Massage

Specifically developed to improve the health of the genitals, the techniques of Karsai Massage (or Karsai Nei Tsang) focus on blockages and sediments in the genital area. In order to have healthy and functional genitals these blockages must be released, thus leading, among other things, to healthy and abundant blood circulation. For women, it helps regulate the menstrual cycle and ovulation, relieve physical and hormonal pain that may be related to menstruation or menopause, and support fertility. Karsai Massage is particularly beneficial from the age of forty (when blockages and sediments appear), as well as for all those who feel sexually blocked.