

PREPARING YOUR MASSAGE

- IF YOU CAN MASSAGE EVERYONE
- WHAT TO DO AT YOUR FIRST MASSAGE APPOINTMENT
- HAPPIER, HEALTHIER & STRESS-FREE: THE BENEFITS OF MASSAGE



ITM
INTERNATIONAL TRAINING
MASSAGE SCHOOL
THAI HAND AMSTERDAM

WWW.THAI-HAND.COM

PREPARING YOUR MASSAGE

READ THIS GUIDE AND YOU'LL DISCOVER:

If you can massage everyone

What to do at your first massage appointment

Happier, healthier & stress-free: the benefits of massage



Dear massage student,

Congratulations that you have taken the first step towards a better health for yourself and others. Giving massage treatments, is very rewarding.

Here you find all the information you need to know before you start to massage someone, even if you just want to practice.

Please read this first before you start to massage someone. Of course, you don't need to know everything by heart! So how do you need to prepare yourself for the massage? You start by reading this guide and you'll discover: If you can massage everyone, what to do at your first massage appointment, even if you just want to practice and the benefits of massage.

Create a healthy day,



Nicole and Manel

*Founders of International Training Massage School
ITM Thai Hand Amsterdam*

WHO WE ARE

Let's start by introducing ourselves, for if you don't know us yet.

We are Manel & Nicole, founders of ITM Thai Hand Amsterdam. The first European franchise of the most rewarded & recognized school of traditional Thai massage in Thailand, International Training Massage School ITM.

Happier, healthier & stress-free

It is our mission to make as many people as possible happier, healthier and stress-free by learning massage.

We are passionate

We are very passionate about massage because since we discovered the benefits of traditional massage our lives have been changed immensely: We are happy and pain-free.

International Certified Courses

We teach beginner and professional international certified acupressure and Thai yoga massage courses - in English - with Western explanations in the form of introduction workshops, courses and full massage programs. We have been teaching over 10,000 people.

You can join online, in our school in Amsterdam or during retreats in Thailand.

ITM Thai Hand Amsterdam is the only school in Europe authorized by an international school of traditional Thai massage to teach advanced levels of traditional massage.



NICOLE

"My life has totally changed since I know how to give massage treatments to myself and others. After my master's degree and several years working in offices I still suffered from severe headaches and back pain due to injuries.

Since I decided to change and take care of my health by learning massage, I am headache-free, back-pain-free, and have a happy and stress-free life."



MANEL

"I thought I was happy, but when I saw how really happy a masseur was with his job, I decided to change my life.

I quit my corporate job as a marketing manager to dedicate my life to learn the ancient way to be healthy and to teach different traditional therapeutic massage techniques to everyone interested around the world. I now know that money is not the goal of happiness. Real happiness is much deeper.

Real happiness is about having compassion for others. Being able to help others to become mentally and physically healthier and happier gives me a truly happy feeling."



READ THIS BEFORE GIVING A MASSAGE, EVEN IF YOU ARE JUST PRACTICING

Can I massage everyone?

- A massage treatment can relieve many ailments, like frozen shoulder, headache, migraine, back pain, ankle pain, stiff neck, abdominal pain, stress, insomnia, arthritis, knee pain, menstruation cramps, high blood pressure and many more...
- However, if you are not yet a certified therapist and still are learning massage, we advise you to practice only on healthy people. And the massage we teach (except baby massage or infant massage) is for adults.
- Before you start to give a massage, even if you are only practising let your 'client' (the receiver of the massage) fill in the registration form that you can download here. So that you are aware of the contra-indications of your receiver, so you are able to decide whether to start the massage or not.
- If you are not sure if you should massage your client because of their medical condition, ask them to ask their physician who is treating them, for permission.
- Before every massage treatment the massage therapist will have to do an intake with the client to talk about his/her medical situation and to decide together which massage will be the best fit.

Here is the registration form we use. You can modify it to your needs.



REGISTRATION FORM

Name: _____ Nationality: _____
Date of Birth: _____ Occupation: _____
Email Address: _____

Please answer and read information below before receiving the massage.

Do you have any of the following illnesses or injuries?

- | | |
|---|--|
| ☐ None of all | ☐ Low blood pressure |
| ☐ Heart disease | ☐ High blood pressure |
| ☐ Bone disease(s)... | ☐ Cancer |
| ☐ Open sore... | ☐ Fever |
| ☐ Infection or swelling... | ☐ Diabetes |
| ☐ Sprains or muscle pain... | ☐ Varicose vein(s) |
| ☐ Artificial body part(s)... | ☐ Others... |
| ☐ Skin disease... | |

And:

- ☐ Do you have your menstruation right now?
☐ Are you pregnant? How many months?

Precaution:

- Pregnant women should avoid any foot massage (let the teacher know if you are pregnant!)
- Avoid having a massage 30 minutes after meal
- Tell the massage therapist to stop the massage when any pain begins

International Training Massage School Thai Hand Amsterdam

Adress: Piri Reisplein 70, 1057 KH Amsterdam, Netherlands

Phone: +31 (0)6 18790023

Chamber of Commerce Number: 27340699

Website: www.thai-hand.com

VAT Number: NL820.608.415.B01

Email: info@thai-hand.com

ING Bank: 7213886 ITM Thai Hand Amsterdam

Registered at CRKBO – Centraal Register Kort Beroepsonderwijs

I understand and agree the following:

1. Massage is not a substitute for a medical examination or for treatment. I am responsible for seeking the advice of a physician or other qualified medical specialist for any mental and/or physical ailments. I will disclose to the licensed massage therapist all known medical conditions before the massage session. I will keep the provider(s) updated as to any changes in my medical profile. I understand that there will be no liability on the part of ITM Thai Hand Amsterdam or the individual massage therapist if I fail to disclose any new or updated medical issues.
2. ITM Thai Hand Amsterdam is not responsible for any personal injury or property loss as a result of any of its services.

☐

I HAVE READ THIS ENROLLEMENT AGREEMENT VERY WELL AND UNDERSTAND THE AGREEMENT. BY SIGNING THIS WE ASSUME THAT YOU HAVE ACCURATELY INFORMED US ABOUT ANYTHING CONCERNING YOUR HEALTH THAT MIGHT BE OF ANY IMPORTANCE FOR A SAFE AND HEALTHY THAI MASSAGE PRACTICE.

Date: _____

Date: _____

Student's name: _____

ITM Thai Hand Amsterdam

Therapist's Name: _____

Signature:

Signature:

International Training Massage School Thai Hand Amsterdam

Address: Piri Reisplein 70, 1057 KH Amsterdam, Netherlands

Phone: +31 (0)6 18790023

Chamber of Commerce Number: 27340699

Website: www.thai-hand.com

VAT Number: NL820.608.415.B01

Email: info@thai-hand.com

ING Bank: 7213886 ITM Thai Hand Amsterdam

Registered at CRKBO – Centraal Register Kort Beroepsonderwijs

WHAT TO DO AT YOUR FIRST MASSAGE APPOINTMENT, EVEN IF YOU ARE JUST PRACTISING?

STEP 1: COMMUNICATION TO THE CLIENT:

Please tell your client...

- ☐ **to bring** comfortable clothes in which he/she can move freely (like long sports trousers and a t-shirt with long sleeves and clean socks). This goes for all the massage treatments (except deep tissue and sports massage in which you will provide your client with a bathrobe and flip flops).
- ☐ **to come clean.** In the massage profession, we find good hygiene very important. So this is why we assume everyone comes to the treatments clean and changes into a clean shirt, clean trousers and clean socks at the massage place. Most massage treatments start with the feet and end with the head so be sure to have clean feet as well.
- ☐ **to not eat a full meal right before the massage.** Then, find a course or program that teaches you various massage techniques that are in demand, such as deep tissue and sports massage on a table and chair massage. So you can start very easy to work on festivals and offices as a chair masseur and in Spa's as a deep tissue and sports massage therapist.

STEP 2: PREPARATION FOR THE MASSEUR:

- ☐ **Prepare the massage space.** Be sure that the place where you will give the massage will be clean, tidy, relaxed, having a good temperature (not too cold, not too hot), will not be noisy and free of interruptions (switch of the TV and phone and be sure the door is closed so no-one can walk-in).
- ☐ **Prepare your props.** Be sure that you have everything ready in order to give the massage. Think about: the music, the chair, table or mat fully prepared. Pillows, cushions near you if needed? Oils, massage stick, balms, towels prepared? Some kind of incense or etheric oils for a nice smell? Extra blanket in case the client becomes chilly? Bathrobe for deep tissue massage? Hot herbal compress balls and steamer in case of hot herbal compress? Is there tea or water close to you for after the massage? Is the registration form ready?



- ☐ **Prepare your mood.** When you give a massage be aware that your mood is very important. Meditate before the massage, or do whatever you need to put yourself in the mood of giving the best massage ever to your client. The only focus during the massage would be to make your client healthier, happier and stress-free.

STEP 3: ARRIVAL:

- ☐ **Once the client arrives** at your place, you should ask him/her to fill out an intake form (you can use the registration form that we use) to record any relevant medical history, injuries or physical conditions we should be aware of.

STEP 4: INTAKE:

- ☐ **Talk with your client** about his/her medical conditions, and decide together which massage will be the best fit for the client. In case of hesitations just postpone the massage and ask your client to ask permission for the massage to his/her physician.

STEP 5: CHANGE CLOTHES:

- ☐ **In the dressing room**, the client can then change into appropriate clothes for the massage treatment. If you don't have a dressing room, just leave the client alone for a minute to change clothes.

STEP 6: EXPLANATION:

- ☐ **Explain to the client what he/she can expect during the massage.** Also, let your client know that he/she will benefit the most from the massage treatment if he/she closes the eyes and relaxes.

STEP 7: THE TREATMENT:

- ☐ **Adjust at all times** the pressure of the massage to soft, medium or hard, according to the needs of the client. During the massage check the customer's face to see how much pressure you should give.



STEP 8: AFTER THE MASSAGE TREATMENT:

- ☐ **After the massage treatment**, you give your client some time to 'wake up from the massage' as the client might have been feeling like he/she has slept several hours. This is a very common feeling. Explain to the client that the benefits of massage tend to be cumulative, so typically, he/she will feel better as he/she gets additional massage treatments.
- ☐ **Ask the client how he/she is doing.** Give some recommendations for the ailments if there are any.
- ☐ **Drink.** Tell the client to drink a lot of water or tea. And do offer you a glass of water or tea.
- ☐ **Rue-si Dat Ton.** Advise the client Thai Yoga postures (Rue-si Dat Ton) for the ailment to practice at home, if needed.

STEP 9: CLOSURE:

- ☐ **Change clothes.** Let the client change his/her clothes.
- ☐ **Make a new appointment** if desired.



HAPPIER, HEALTHIER & STRESS-FREE: THE BENEFITS OF MASSAGE

Most people still think massage is only to relax, maybe only for richer people who go to a spa. Maybe you know already that this is not the case. So if next time someone asks you: 'Massage? Why? What are the benefits?' Then you can answer them:

MASSAGE...

1. Strengthens the immune system
 2. Relieves stress and aids relaxation
 3. Eases muscle tension and stiffness
 4. Helps rehabilitation after injury
 5. Increases rehabilitation post-operative
 6. Improves circulation of blood and movement of lymph fluids
 7. Reduces blood pressure
 8. Treats musculoskeletal problems
 9. Treats amongst others: back pain, stiff neck/shoulders, RSI etc.
 10. Boosts the nervous system
 11. Promotes deeper and easier breathing
 12. Improves digestive system
 13. Attacks insomnia
 14. Restores vital energy
 15. Fosters faster healing of strained muscles and sprained ligaments; reduces pain and swelling; reduces the formation of excessive scar tissue
 16. Reduces muscle spasms
 17. Provides greater joint flexibility and range of motion
 18. Enhances athletic performance; Treats injuries caused during sport or work
 19. Helps relieve tension-related headaches and effects of eye-strain
 20. Enhances the health and nourishment of skin
 21. Improves posture
 22. Improves self-esteem
 23. Releases physical and energetic blockades
 24. Harmonises the psychosomatic relation
Deblocks and detoxes internal organs
 25. Eliminates the need for surgery
 26. Makes you happier by increasing endorphins
- ... and there is much more what massage can do for you...

You can explore that yourself... let's start by watching the introduction videos...

