



An excellent book for massage students, April 23, 2013

This review is from: [A Myofascial Approach to Thai Massage: East meets West, 1e \(Paperback\)](#)

As a massage student interested in Thai Massage, I recently started reading about a half dozen Thai Massage books. This is one of my favorites and seems valuable both in terms of learning Thai Massage specifically and in general advice. The author aims "only" for massage to provide the deepest possible relaxation and discusses many aspects of personal experience in making that happen. The sen lines are connected to human anatomy. The book does not try to be comprehensive but has a narrow enough focus to be good at what it does while still including brief discussions of wider context.

If you only want to get one book on Thai Massage, I highly recommend Encyclopedia of Thai Massage instead of this one because it is far more comprehensive (this book does not mention herbal compresses at all, for instance, one of my favorite elements of Thai Massage). It seems to me that that book, this book and Thai Massage: A Traditional Medical Technique go well together.