

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 various professional massage courses in small groups.

All our trainings are identical to those provided at *LoiKroh Traditional Thai Massage & Yoga* 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 (**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 (**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.

Prices

Traditional Thaï Massage

Oil Thaï Massage

Osteothai

210 minutes	€ 240
180 minutes	€ 210
150 minutes	€ 180
120 minutes	€ 150
90 minutes	€ 120

Pregnant Woman Massage

150 minutes	€ 180
120 minutes	€ 150

Abdominal Detox Massage (Chi Nei Tsang)

120 minutes	€ 150
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Karsai Massage

90 minutes	€ 150
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Massage at home in Poitiers

150 minutes	€ 210
120 minutes	€ 180

Do not throw away on public roads.

Prices on September 10th, 2025, subject to change without notice.

Photographs © Catherine ACIN



Xavier & Coocky HLAVACEK

Founder and director of the massage school **Le Lotus Blanc®** in Poitou-Charentes, Xavier has specialized for over twenty years in Thai Massage, Chi Nei Tsang, Karsai Massage and Osteothai. Xavier is also trained and certified in Qi Gong and holds a Bachelor's degree in Psychology.

Founder and director of **LoiKroh Traditional Thai Massage & Yoga** since 1998 in Chiang Mai, Thailand, Coocky is one of the world's leading specialists in Thai Massage, Chi Nei Tsang and Karsai Massage.



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TRADITIONAL THAI MASSAGE SCHOOL

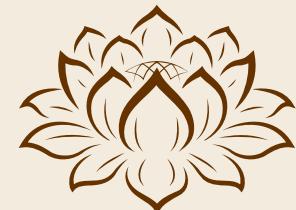
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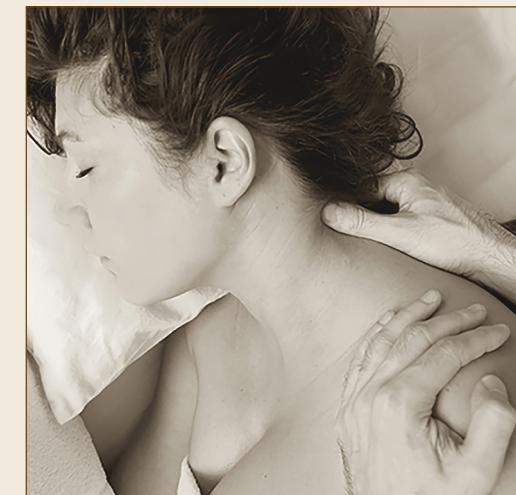
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