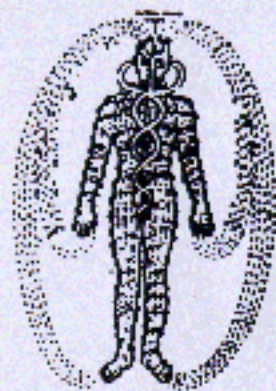


Polarity Therapy



Polarity Therapy is a system of energy-balancing involving bodywork, counselling, therapeutic exercise and nutrition. It is based on the work of Dr. Randolph Stone who integrated his work as a naturopath, osteopath and chiropractor with the eastern concepts of energy-flow in the ayurvedic system of India, as well as the Chinese

and Egyptian Hermetic System.

In a Polarity session, the practitioner seeks to bring into balance all levels of the client's being (physical, emotional, mental and spiritual).

The key to this process is tuning in to the energy flow of the individual and discovering where the energy is blocked and how to get it moving freely again.

A Polarity Session usually consists of about an hour of hands on bodywork which involves a series of both light and deep contacts to release the energy and allow it to re-establish a normal balanced flow. This process results in a deep relaxation for the client, allowing for a release of tension and chronic pain, and providing an opportunity to discover more about their mental and emotional blocks and how to develop a healthy attitude toward life. Through the counselling process, which is an integral part of the work, the client often gains an insight into the causes of their stress and finds the key to overcoming their problems. Corrective exercises and nutritional advice are also an important part of the process.

Polarity Therapy can be integrated very effectively into the practice of other forms of bodywork such as Aromatherapy, Shiatsu, Alexander Technique, Craniosacral Therapy, Acupuncture etc.



Nuad Bo-Rarn

(Northern Thailand Traditional Massage)

Traditional Thai Medical Massage Therapy

This is a unique form of body therapy that incorporates Hatha Yoga, and Accupressure. This particular form dates back at least 2000 years which has been pass down from the Father Of Massage "Dr. Shivago Komarpaj" the Doctor of the Buddha.



The movements of gentle rocking, deep stretching, and compressions assist the restructuring of the musculo-skeletal framework.

"Thai massage is a must for athletes, dancers and other people who want their bodies to achieve maximum performance."

The Benefits of Thai Massage

1. Deep relaxation, gentle pressure on feet and leg is sedating.
2. Releases points of tension in the body which block the natural flow of energy, balancing, and harmony, releases stress and increases energy.
3. Increases flexibility and range of motion assist alignment and postural integrity of the body.
4. Improves circulation.
5. Strengthens internal organs.
6. Relieves pain.
7. Improves neurological functioning and assists in relieving degenerative conditions with the aging process.
8. Promotes inner peace and a quiet mind.

Just as no two people respond to any stimulus in precisely the same way, people will vary in their response to Thai Massage. A person who is relaxed, open to growth and new experiences, will benefit the most, one who is more tense, rigid, or fearful will benefit, but to a lesser degree.

Cellulite-Shrinking



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