Institute of Natural Medicine

1 - 2 hours

Traditional Thai Massage



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Traditional Thai Massa

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walk into the **Institute of Natural M**
Thamel, Nepal. Our professional Tha
with modern relaxation techniques to

? October Special Offer

90-Minute Massage + FREE 1-Hour Yoga

Book any **90-minute massage** and enjoy our **morning yoga FREE**.

? **Yoga: 7:30–8:30 AM**

Start your morning with yoga and then relax with a 90-minute massage.

Book on WhatsApp

Each session begins with gentle warm-up movements to loosen tight and knotted muscles, stretch the joints, and awaken your body's natural energy flow. It's a perfect way to restore balance, reduce fatigue, and promote flexibility after long travel or trekking in Nepal.

Discover the Ancient Art of Thai Yoga Healing

Traditional Thai Massage—also known as *Nuad Boran*—originated in Buddhist temples over 2,500 years ago. It's a unique healing art that blends yoga-inspired stretches, acupressure, and energy balancing. Unlike oil-based massages, this technique is performed fully clothed on a soft mat, allowing the therapist to use hands, elbows, knees, and feet in rhythmic sequences that follow the body's energy lines, or *Sen*.

This ancient practice is sometimes called **"yoga for two"** because the therapist gently moves your body through assisted yoga postures. It enhances mobility, flexibility, and overall vitality—leaving you refreshed, re-energized, and centered. The experience brings harmony between the body, mind, and breath, while releasing deep-seated physical and emotional tension.

Benefits of Traditional Thai Massage

Our **Thai Massage in Kathmandu** is more than just relaxation—it's a complete therapy designed to awaken your body's natural intelligence. Clients who visit our center often report a sense of lightness, improved circulation, and deep emotional clarity after just one session.

- Releases tension and stiffness in muscles and joints
- Improves posture, mobility, and energy flow
- Stimulates blood circulation and lymphatic drainage
- Reduces fatigue, jet lag, and mental exhaustion
- Balances body alignment and relieves chronic pain
- Encourages deep relaxation and mindfulness
- Improves overall flexibility and range of motion

Our **Traditional Thai Massage in Thamel** is especially beneficial for travelers, digital nomads, or trekkers returning from the Himalayas who want to recover naturally and revitalize their energy.

Why Choose the Institute of Natural Medicine?

Located in the peaceful heart of Thamel, surrounded by greenery and sacred plants, the Institute of Natural Medicine is often described as the "mini forest of Kathmandu." Our tranquil outdoor studio provides an ideal setting for relaxation and self-renewal. Here, every session is performed with deep attention and care by certified therapists trained in the authentic Thai tradition.

We use mindful touch and energy-based techniques to help release tension, detoxify the body, and align the mind with the breath. Whether you seek deep healing or simple relaxation, our **Thai**

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Yoga Massage in Nepal offers a holistic experience you will never forget.

Enhance Your Healing Journey

To create a complete wellness experience, many of our guests combine their Thai Massage with other therapies offered at our center. You can explore:

- Reiki Healing in Kathmandu for energy balance
- Himalayan Sound Healing Session for chakra activation
- Daily Yoga Classes in Thamel to strengthen your body
- Deep Tissue Massage for muscle recovery
- Ayurvedic Massage and Herbal Therapy for total rejuvenation

These holistic experiences complement your **Thai Massage in Nepal** by supporting energy balance, improving flexibility, and grounding your spirit in peace.

Who Can Benefit from Thai Massage?

Whether you are a yoga practitioner, traveler, office worker, or trekking enthusiast, **Thai Massage in Thamel** is ideal for anyone seeking natural healing. It helps release stored tension, improves posture, and enhances the body's energy system. This therapy is also excellent for people who experience stiffness, joint pain, or lack of mobility from prolonged sitting or physical exertion.

Unlike other massage types, Thai massage requires active participation through mindful breathing and assisted movements—making it as beneficial for the mind as it is for the body.

Book Your Traditional Thai Massage in Thamel, Kathmandu Today

Ready to experience the transformative power of **Traditional Thai Massage in Kathmandu**? Visit the Institute of Natural Medicine in Thamel and immerse yourself in the healing energy of ancient Thai therapy. Our welcoming environment, natural surroundings, and skilled therapists ensure that every session restores harmony between body, mind, and soul.

Take a deep breath, relax, and allow the healing energy to flow through you. Discover why we are trusted as one of the best centers for **Thai Yoga Massage in Kathmandu, Nepal**—where peace, nature, and wellness unite.

Price:

60 min	US$ 25
90 min	US$ 30
120 min	US$ 35

Book Now

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Check out other packages



Acupuncture Service

Relieve pain and restore balance with Acupuncture sessions at INM. Our skilled therapists use ancient techniques to promote natural healing and well-being.
Explore



Feet Reflexology

Feet Reflexology, also known as foot reflex massage, is a holistic therapy practiced worldwide. Our licensed massage therapists and reflexologists apply precise pressure on the reflex points of your feet.
Explore



Hot Stone Massage

Hot Stone Massage is an ancient healing practice that uses smooth, volcanic basalt stones heated to a safe, comfortable temperature. These stones are gently placed on key energy points of the body and used during massage.
Explore



Ayurvedic Massage

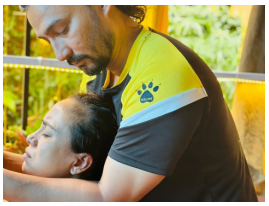
Ayurvedic massage (Abhyanga) is an ancient holistic therapy that involves a full-body massage using warm, medicated herbal oils chosen specifically according to your body type or dosha (Vata, Pitta & Kapha).
Explore



Swedish Massage

Swedish Massage is designed for relaxation, improved wellbeing, and full-body rejuvenation. It helps increase blood flow toward the heart, releases surface-level muscle tension, and supports lymphatic drainage.
Explore

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Deep Tissue Massage

Deep Tissue Massage uses slow, firm strokes and friction to reach deeper layers of muscle fibers and fascia, effective for chronic pain, injuries, or postural problems.
Explore



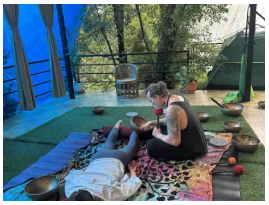
Trekkers' Holiday Massage

Are you searching for the exact place to cure your health issues occurred after trekking activities in Nepal? Our Massage Training center have specially made a combo therapy that is the mixture of different type of massage therapies.
Explore



Shirodhara

Shirodhara is one of the most relaxing and restorative Ayurvedic treatments, originating from the Sanskrit words “Shiro” meaning “head” and “Dhara” meaning “flow.”
Explore



Singing Bowl Massage

The Singing bowls are placed on specific areas of the body—back, shoulders, abdomen, feet, and energy centers—and played in rhythmic patterns during Singing Bowl Massage session.
Explore