

Current Specials and Rates

- ◆ Regular Rate \$125 for 90 minutes
- ◆ Regular Rate \$75 for 60 minutes.
- ◆ Repeating Client Special - \$85 for 90 minutes or \$60 for 60 minutes if you are a weekly or monthly client. The advantage is that you always end the massage feeling great and with your next appointment scheduled to continue feeling great.
- ◆ Three Treatments for 30 minutes each - \$95 for all 3, must be scheduled at the same time and close together to be effective. This is great if you are wanting to work on a particular body area.
- ◆ Travel - Add \$20 if you would like to have the massage in your home or at your location. This option is available within a 15 minute radius.
- ◆ IRIS Program Billing Provider Approved

"This was the first morning in FOREVER that I didn't wake up with lower back pain.

THANK YOU" – Jessica Schumacher

"I have had massages all over the USA and in Asia including Thailand. Ricky provides a top class massage. He has put me on the road of recovery and provided valuable suggestions with my postures." – Ajay Dutt

As someone who has experienced Thai massage for over 10 years, I can honestly say the benefits are noticeable. For me, it lowers stress, increases energy, and improves flexibility.

- Sue Eckhart



Ricky Heldt is the owner of Open Lotus School of Yoga and Thai Massage. He is a certified IAYT Yoga Therapist, Tai Chi Instructor, Meditation Teacher, Reiki Master and Experienced Registered Yoga Teacher 500 Hour Yoga Instructor for people new to yoga, advanced or needing adaptive yoga classes. He has been teaching and practicing healing arts for more than 20 years.

I believe that yoga and thai massage is healing and beneficial for everyone and should be accessible for every body.

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Thai Massage

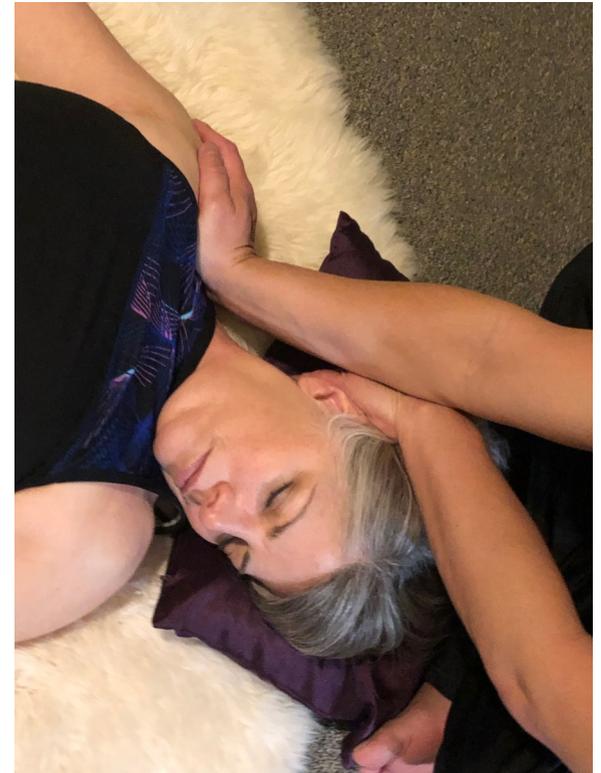
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Note: Due to Covid 19 masks and gloves will be worn throughout the appointment.

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Thai Massage

Origins of Thai Massage

Thai massage is a traditional form of massage therapy that has been used in Thailand for centuries. In Thailand, it is called "Nuad Phaen Boran" which means 'ancient massage'.

What to Expect During Massage

Thai massage combines elements of massage, yoga, and acupressure. It works to clear blockages in your body by applying a healing touch to the affected pressure points. The technique of massage and stretching releases tension in the limbs and muscles promoting relief from pain and improvement in flexibility. Once these blockages are removed, energy will flow freely in your body. Energy that flows freely will improve ailments and increase your overall physical and mental health.

A massage usually lasts for 60–90 minutes. The massage is practiced on a shiatsu mattress on the floor, a massage table or hospital bed. You'll want to wear comfortable clothing and refrain from eating or drinking for at least an hour before your massage.



The massage involves the use of hands, elbows and feet. A number of techniques such as applying pressure on the muscles, pulling fingers and toes, and stretching are used to free the blockages in the body. Oil is normally not applied during the therapy session. At the end of the massage session you will feel relaxed and energized.

Benefits of Thai Massage

Thai massage therapy focuses on the body as a whole. By recognizing the relationship of all the systems of the body, it aims to cure ailments by bringing all these elements into harmony with each other. This soothing massage helps to calm your mind and remove stress from your body. The physical pressure and stretching techniques bring about pain relief, relieve muscular tension, and increase the flexibility of the muscles and limbs. Thai massage also improves blood, lymph circulation and balances the nervous system. This holistic approach ensures that you will enter a state of deep relaxation, and you will feel refreshed and energized.



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"When stressed and my muscles are tight, I find Ricky's Thai massage very therapeutic"

- Dr. Bhupendra O. Khatri, Director of
The Regional M.S. Center & The Center
for Neurological Disorders

"I had sciatica and psoas issues. I could not stand up straight or walk for any amount of time! In a few weeks I could stand straight and walk! I would recommend Thai Massage Therapy."

- Gail Eckhart

"When I started with Ricky and Thai Massage, I had such pain it made sitting close to torture. I had much nerve pain in my arms and even my hands. My day to day activities were becoming limited, I felt despondent about the future. I now have a collection of splints, compression gloves, medications that I have not needed since I have increased my Thai massage to weekly. I feel it has helped reverse the pain and increase my quality of life! My children have all remarked on my "getting my spark back"!

- Susie Carney

I am 63 years old. After a Thai massage from Ricky my body feels like I am 18 again. I feel so limber.

- Sandy Bomberg

