

THAI MASSAGE

Traditional Thai massage or Thai massage is an ancient healing system that combines acupressure, Indian ayurvedic principles and manipulation of the soft body tissue. With not a specific goal massage simply tends to increase the general health and well-being of the recipient. With history of 2500 years of age Thai massage has been passed down through hundreds of generations. Thai massage involves therapeutic procedure that provides relaxation and restores healthy blood circulation treating energy blockage and tight muscles.

Traditional Thai massage generally lasts for two hours but each session is customised for each individual with their body type.

THAI HAVEN

Our treatments:

Full body oil massage

Our oil massage is a variant of traditional Thai massage that uses firm pressure and deep rhythmic movements along the meridian lines of the body. This treatment aims to unblock, balance and restore the natural flow of the body's Qi/Energy. Our oil treatment utilises the properties of the oils which has natural healing power. The oil itself helps the therapist glide easily over the body using rhythmic pressure and rolling massage technique. Oil massage is good for everyone who is particularly stressed, needs balance and relaxation and appreciates a firm pressure.

This treatment is very powerful with the following benefits:

- Improved flexibility in muscles and joints
- Eased muscular aches and pains
- Deep tissue relaxation
- Stress relief-calm nervous system
- Boosted immune system
- Increased energy levels

Traditional Thai/Yoga Massage

Traditional yoga massage is an ancient healing system that combines broad and targeted acupressure, stimulation and manipulation of the energy lines and assisted yoga position. Our Thai yoga treatment is carried out without using any oil and any lotion with the recipient fully clothed. The recipient is assisted into different yoga position, the body is compressed, pulled and stretched to clear energy blockage and relieve tension.

This treatment helps the recipient reach the new height of healing experience with benefit of:

- Joints are opened
- Tendons and muscles are stretched
- Helps with energy circulation in the major pathways of the body

Foot and hand reflexology

Reflexology is a therapeutic method of relieving pain by stimulating predefined points on the hands and feet of the body. This therapy also known as the zone therapy which is an alternative method to medicine involving the application of pressure to the feet and hand with thumb finger and hand technique using oil and lotion. This treatment involves the gentle manipulation and pressing on the certain points of the hands and feet resulting benefits on the respective part of the recipient's body.

Different benefit of foot and hand reflexology includes:

- General health and well-being of the body
- Boosting energy and immune system
- Boosting healing ability
- Better blood circulation

Aromatherapy

This treatment is an inhalation and bodily application (in a form of massage) of fragrant essential oils from different fruits, flower and plants for therapeutic purpose. This treatment also enhances the well-being through the properties of different oils. Utilizing different aromatic essences from plants which balance, harmonize and promote the health of body, mind and spirit. This therapy is also referred to as the science and art of using different essential oils simply promoting well-being.

Price list for our treatments: (Estimate)

30 mins: £35

45 mins: £45

60 mins: £55

90 mins: £80

120 mins: £100

Gift vouchers for all the treatments.

Business goals and objectives:

We would like to start a business in a professional service sector providing therapeutic massage. This business targets all types of age group and genders.

For the first three months the goal of the business is to build clients through different marketing strategy. Providing quality service will be our first priority. The marketing strategy will include different advertising methods and recruiting different online third-party sellers.

Business plan: (Estimate)

Capital requirements:

Capital: £50,000

Rent: £20,000 per annum

Rent deposit: £15,000

Solicitors charge: £2000

Decor: £3000

Asset/furniture: £4000

Miscellaneous: £3000 (one off)

First Three months turnover: £9,900(estimated minimum 2 clients per day)

Running cost: £2000(utility bills and supplies)

Wages: £2700

Three months' rent: £5000

Profit: £200

Second Three months turnover: £14,850(estimated minimum 3 clients per day)

Running cost: £2000(utility bills and supplies)

Wages: £4050

Three months' rent: £5000

Profit: £3800

Third Three months turnover: £14,850(estimated minimum 3 clients per day)

Running cost: £2000(utility bills and supplies)

Wages: £4050

Three months' rent: £5000

Profit: £3800

Fourth Three months turnover: £19,800 (estimated minimum 4 clients per day)

Running cost: £2000 (utility bills and supplies)

Wages: £5400

Three months' rent: £5000

Profit: £7400

Business ownership structure

The business will be a private Ltd. Company which will be structured as a partnership between Ram Sharetha (investor) and Merina Rai (investor/manager).