

Novel rope massage

To detoxify and rejuvenate



Rekha Chaudhari, Co-owner, JCKRC Spa
Destination and Spa Expert

A new kind of spa therapy, the rope massage therapy requires the therapist, to balance himself or herself with the help of 10 different ropes hanging from the ceiling of the therapy unit to balance his weight and massage the therapy seeker's body with their feet. It is a patent of Spa Expert, Rekha Chaudhari who has been a spa consultant to various spas in the country. It is the most well known therapy of The Caressa Spas.

Origin

Chaudhari says, "As a kid I remember walking on my father's body to ease his back pain. This therapy also had been a traditional way of massage in our country. So I started my research on the same and came across a traditional massage in Kerala that is done with just one rope. Later I designed a therapy that uses 10 ropes by the therapist."

Process

In this one hour long therapy, the therapist walks on the body of the therapy seeker and applies bearable pressure on the important pressure points to help detoxification to take place. She explains, "The therapy works on the lymphatic system drainage, and hence, the person undergoing the therapy feels detoxified and relieved of body pain, tiredness and lethargy. There are tiny bells attached to the ropes which make soft and soothing sounds that help relax the mind of the therapy seeker. There are trained and selected therapists who can perform Rope Massage as they know how much weight and pressure can be borne by the therapy seeker and render pressure accordingly." The Novel Rope Massage Therapy is appreciated and successful in all the Caressa Spas and other spas in India. 🕒

