



nuad thai

THAI MASSAGE SCHOOL

OFFICIAL COURSE GUIDE 2026





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ABOUT US



Nuad Thai School is a professional Thai Massage, Spa training center created and managed by the award-winning **Loft Thai Spa**. Unlike traditional schools focused mainly on theory, our foundation comes from daily practice, competitions, and deep knowledge of the wellness market. We live our passion: training our own therapists, refining techniques in our spas, writing reference books, and sharing expertise on global stages.



MISSION



With this experience, we have decided to open our courses to external students, offering authentic, hands-on training designed for both beginners and professionals who want to master the art of holistic massage and wellness.

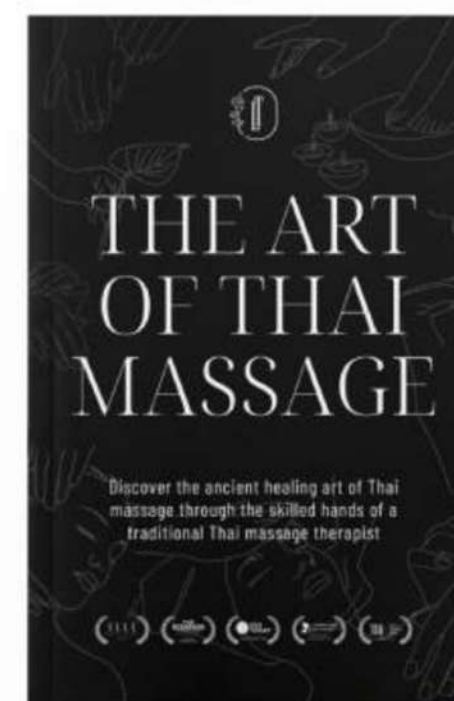
Our mission is to share authentic knowledge and expertise in massage and spa therapies by combining tradition with innovation. We aim to inspire and train the next generation of therapists through hands-on practice, professional excellence, and a true passion for wellness.

Nuad Thai School is built on practice, passion, and real experience rather than theory. Our team of over 100 experts—including consultants, instructors, therapists, champions, coordinators and spa owners brings together unmatched expertise in Thai wellness. We train our own therapists, compete internationally, write books, and now open our courses to share authentic Thai massage knowledge with the world.

OUR BOOK

Master Thai Massage with *The Art of Thai Massage*, a 120-page best-seller by our Master Instructor Khun Pie at Loft Thai Spa. This guide covers essential techniques and step-by-step instructions for all skill levels.

Order your copy today on Amazon, or better yet, join us at Nuad Thai School to learn directly from the best massage instructors in Thailand. Let us help you embark on a journey of healing, growth, and professional mastery.



OUR EXPERTISE

Built on the foundation of an award-winning spa group, we combine passion, practice, and professionalism to support the wellness industry at every level. From hands-on training to therapist recruitment and spa consulting, our services are designed to elevate skills, improve standards, and create lasting success.



Certified Training

We provide professional training programs in massage and spa therapies, combining tradition with modern expertise. Our courses are hands-on, designed for both beginners and professionals seeking to upgrade their skills.

Therapist Recruitment

With years of experience managing award-winning spas, we recruit and carefully train highly qualified therapists, ensuring they consistently meet the highest standards of skill, service, professionalism, and client satisfaction.

Spa Consulting

We help spa owners and investors create, develop, and manage successful spa businesses. From concept and training to operations and quality control, our consulting brings expertise and proven strategies to every project.

THAI MASSAGE



PRIVATE THAI MASSAGE COURSE

Our Private Traditional Thai Massage Course offers an authentic, hands-on learning experience guided by senior instructors who are also active professional therapists. Their daily practice ensures that every technique taught reflects the real standards and precision used in top spas.

We also participate in Thai massage competitions both locally and internationally, continuously refining our skills and techniques. This personalized training blends traditional Thai wisdom with modern expertise, allowing each student to master the art of Thai massage through direct, practical experience.

COURSE OVERVIEW

English or Thai Language Instruction, Senior Instructor & Assistant, Practice Model Provided, Course Introduction, Theoretical Foundation, Practical Massage Training, Training Support, Refreshments, School Certificate.

WHO CAN JOIN

Beginners, Spa & Wellness Professionals, Experienced Therapists, Spa Owners.

PRICING & DURATION

3h30	(Half Day)	12,000 THB per person
7 hours	(Full Day)	21,000 THB per person
14 hours	(Two Days)	39,000 THB per person

THAI MASSAGE PROFESSIONAL



PRIVATE PROFESSIONAL THAI MASSAGE COURSE

Our 150-Hour Professional Thai Massage Course offers in-depth, hands-on training recognized by the Union of Thai Traditional Medicine Society (UTTS).

This program provides an in-depth journey into the art, science, and philosophy of Thai massage, combining traditional wisdom with modern anatomy and body mechanics. Students learn through both theory (30–40%) and practice (60–70%), gaining expertise in posture, pressure, rhythm, and client care. Training takes place in Bangkok — the wellness capital of Asia, where students are surrounded by a rich cultural and therapeutic environment.

COURSE OVERVIEW

English or Thai Language Instruction, Senior Instructor & Assistant, Practice Model Provided, Course Introduction, Theoretical Foundation, Practical Massage Training, Training Support, Refreshments, UTTS Certification.

WHO CAN JOIN

Beginners, Spa & Wellness Professionals, Experienced Therapists, Spa Owners.

PRICING & DURATION

150 hours – 250 000 THB per person
Additional hours: +2,500 THB per person, per hour
Flexible scheduling available upon request

FACIAL TREATMENT



PRIVATE FACIAL TREATMENT COURSE

Illuminate your expertise with our Facial Treatment Training, a comprehensive private course covering every essential step of professional skincare. Guided by expert instructors, you'll master facial cleansing, exfoliation, extraction, mask application, and hydration techniques. The training also includes our Signature Face Massage, Face Lifting, Gua Sha, and Kobido methods for rejuvenation and sculpting.

On request, students can also learn HydraFacial techniques using advanced technology. Perfect for beauty professionals or beginners, this hands-on course blends traditional and modern methods to deliver visible, glowing, and long-lasting results.

COURSE OVERVIEW

English or Thai Instruction, Senior Instructor & Assistant, Practice Model, Introduction, Theoretical Foundation, Practical Massage Training, Training Support, Equipments & Spa Products, Refreshments, School Certificate.

WHO CAN JOIN

Beginners, Spa & Wellness Professionals, Experienced Therapists, Spa Owners.

PRICING & DURATION

3h30	(Half Day)	15,000 THB per person
7 hours	(Full Day)	26,250 THB per person
14 hours	(Two Days)	48,750 THB per person

AROMA OIL MASSAGE



PRIVATE AROMA OIL MASSAGE COURSE

Discover the art of relaxation through our Private Aroma Oil Massage Training, a personalized course designed for beginners and professionals alike. Guided by senior instructors who are active spa therapists at Loft Thai Spa or Nakhon Spa, you'll learn the principles of aromatherapy, oil blending, and soothing massage techniques that promote deep relaxation and balance.

This hands-on training combines theory and practice to help you master fluid movements, pressure control, and holistic wellness—an essential skill for those seeking to elevate their spa expertise or personal well-being.

COURSE OVERVIEW

English or Thai Instruction, Senior Instructor & Assistant, Practice Model, Introduction, Theoretical Foundation, Practical Massage Training, Training Support, Equipments & Spa Products, Refreshments, School Certificate.

WHO CAN JOIN

Beginners, Spa & Wellness Professionals, Experienced Therapists, Spa Owners.

PRICING & DURATION

3h30	(Half Day)	13,500 THB per person
7 hours	(Full Day)	23,500 THB per person
14 hours	(Two Days)	44,000 THB per person

HOT STONE MASSAGE



PRIVATE HOT STONE MASSAGE COURSE

Experience the soothing art of thermal therapy with our Hot Stone Massage Training, a private course designed to master one of the most relaxing and therapeutic spa treatments. Guided by professional instructors, you'll learn how to use heated volcanic stones to melt away tension, ease muscle stiffness, and enhance energy flow.

This hands-on training combines traditional Thai techniques with modern spa practices, teaching you temperature control, stone placement, and flow integration. Perfect for beginners or professionals seeking to expand their expertise in holistic wellness and luxury spa care.

COURSE OVERVIEW

English or Thai Instruction, Senior Instructor & Assistant, Practice Model, Introduction, Theoretical Foundation, Practical Massage Training, Training Support, Equipments & Spa Products, Refreshments, School Certificate.

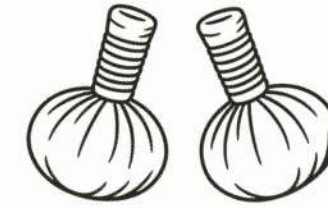
WHO CAN JOIN

Beginners, Spa & Wellness Professionals, Experienced Therapists, Spa Owners.

PRICING & DURATION

3h30	(Half Day)	13,500 THB per person
7 hours	(Full Day)	23,500 THB per person
14 hours	(Two Days)	44,000 THB per person

HERBAL COMPRESS MASSAGE



PRIVATE HERBAL COMPRESS COURSE

Experience the healing power of Thai tradition with our Private Herbal Compress Massage Training, which includes a complete Herbal Compress Ball Preparation Workshop. Under the guidance of senior instructors and spa experts, you'll learn how to blend, wrap, and steam natural Thai herbs to create authentic herbal compress balls, followed by hands-on training in massage techniques that relieve tension, improve circulation, and restore balance.

This course blends cultural heritage with practical expertise, offering an immersive and holistic learning experience for both beginners and spa professionals.

COURSE OVERVIEW

English or Thai Instruction, Senior Instructor & Assistant, Practice Model, Introduction, Theoretical Foundation, Practical Massage Training, Training Support, Equipments & Spa Products, Refreshments, School Certificate.

WHO CAN JOIN

Beginners, Spa & Wellness Professionals, Experienced Therapists, Spa Owners.

PRICING & DURATION

3h30	(Half Day)	13,500 THB per person
7 hours	(Full Day)	23,500 THB per person
14 hours	(Two Days)	44,000 THB per person

BODY SCRUB & WRAP MASSAGE



PRIVATE BODY SCRUB & WRAP COURSE

Reveal the beauty of radiant skin with our Body Scrub & Wrap Massage Training, a private course designed to master the art of exfoliation and rejuvenation. Guided by experienced spa professionals, you'll learn how to prepare natural scrubs and body wraps using authentic Thai ingredients, combined with specialized massage techniques to detoxify, smooth, and nourish the skin.

This hands-on training blends wellness and beauty expertise, offering both beginners and professionals the opportunity to create luxurious, results-driven treatments inspired by Thailand's spa heritage.

COURSE OVERVIEW

English or Thai Instruction, Senior Instructor & Assistant, Practice Model, Introduction, Theoretical Foundation, Practical Massage Training, Training Support, Equipments & Spa Products, Refreshments, School Certificate.

WHO CAN JOIN

Beginners, Spa & Wellness Professionals, Experienced Therapists, Spa Owners.

PRICING & DURATION

3h30	(Half Day)	13,500 THB per person
7 hours	(Full Day)	23,500 THB per person
14 hours	(Two Days)	44,000 THB per person

FOOT MASSAGE



PRIVATE FOOT & REFLEXOLOGY COURSE

Step into the world of healing with our Foot Massage & Reflexology Training, a private course designed to teach the ancient Thai art of restoring balance through the feet. Under the guidance of senior instructors, you'll learn precise pressure techniques, reflex points, and therapeutic sequences that promote relaxation, improve circulation, and support overall well-being.

Combining traditional Thai methods with modern understanding, this hands-on course is perfect for beginners and spa professionals who wish to master one of the most popular and effective wellness treatments in the world.

COURSE OVERVIEW

English or Thai Instruction, Senior Instructor & Assistant, Practice Model, Introduction, Theoretical Foundation, Practical Massage Training, Training Support, Equipments & Spa Products, Refreshments, School Certificate.

WHO CAN JOIN

Beginners, Spa & Wellness Professionals, Experienced Therapists, Spa Owners.

PRICING & DURATION

3h30	(Half Day)	12,000 THB per person
7 hours	(Full Day)	21,000 THB per person
14 hours	(Two Days)	39,000 THB per person

THAI WARRIOR MASSAGE



PRIVATE THAI WARRIOR MASSAGE COURSE

Unleash the strength and precision of traditional healing with our Thai Warrior Massage Training, inspired by the ancient martial arts of Thailand. This dynamic and powerful technique combines deep stretches, rhythmic pressure, and body alignment to enhance flexibility, relieve muscle tension, and restore energy flow.

Guided by master instructors and championship-level therapists, you'll learn how to apply this ancient discipline safely and effectively. Ideal for experienced therapists and wellness professionals, this private course transforms Thai massage into a true art of movement, strength, and balance.

COURSE OVERVIEW

English or Thai Instruction, Senior Instructor & Assistant, Practice Model, Introduction, Theoretical Foundation, Practical Massage Training, Training Support, Equipments & Spa Products, Refreshments, School Certificate.

WHO CAN JOIN

Beginners, Spa & Wellness Professionals, Experienced Therapists, Spa Owners.

PRICING & DURATION

3h30	(Half Day)	15,000 THB per person
7 hours	(Full Day)	26,250 THB per person
14 hours	(Two Days)	48,750 THB per person

PRENATAL MASSAGE



PRIVATE PRENATAL MASSAGE COURSE

Nurture both mother and baby with our Prenatal & Postpartum Massage Training, a specialized course designed to provide safe, soothing, and restorative care before and after childbirth. Guided by experienced instructors and wellness professionals, you'll learn tailored techniques to relieve tension, improve circulation, and promote relaxation during pregnancy, along with postpartum methods that aid recovery, balance hormones, and support overall well-being.

Perfect for therapists seeking to expand their expertise, this hands-on training combines compassion and professional skill to care for mothers at every stage of their journey.

COURSE OVERVIEW

English or Thai Instruction, Senior Instructor & Assistant, Practice Model, Introduction, Theoretical Foundation, Practical Massage Training, Training Support, Equipments & Spa Products, Refreshments, School Certificate.

WHO CAN JOIN

Spa & Wellness Professionals, Experienced Therapists, Spa Owners.

PRICING & DURATION

3h30	(Half Day)	25,000 THB per person
7 hours	(Full Day)	43,750 THB per person
14 hours	(Two Days)	81,250 THB per person

OFFICE SYNDROME MASSAGE



PRIVATE OFFICE SYNDROME COURSE

Relieve tension and restore vitality with our Office Syndrome Massage Training, a specialized course designed to target the stress and discomfort caused by modern work life. Guided by expert instructors, you'll learn effective techniques to release neck, shoulder, and back tension, improve posture, and enhance circulation—ideal for clients who spend long hours at a desk.

Combining Thai massage principles with modern ergonomic understanding, this hands-on course equips therapists with the skills to deliver therapeutic relief and promote lasting wellness in today's fast-paced, technology-driven world.

COURSE OVERVIEW

English or Thai Instruction, Senior Instructor & Assistant, Practice Model, Introduction, Theoretical Foundation, Practical Massage Training, Training Support, Equipments & Spa Products, Refreshments, School Certificate.

WHO CAN JOIN

Spa & Wellness Professionals, Experienced Therapists, Spa Owners.

PRICING & DURATION

3h30	(Half Day)	13,500 THB per person
7 hours	(Full Day)	23,500 THB per person
14 hours	(Two Days)	44,000 THB per person

CUPPING THERAPY MASSAGE



PRIVATE CUPPING THERAPY COURSE

Rediscover ancient healing through our Cupping Therapy Massage Training, a private course blending traditional techniques with modern wellness expertise. Under the guidance of certified instructors, you'll learn how to safely apply and manage suction cups to release muscle tension, stimulate blood flow, and detoxify the body.

This hands-on training covers both dynamic and stationary cupping methods, helping you integrate this powerful therapy into your massage practice. Ideal for therapists and wellness professionals, the course offers a transformative approach to restoring balance, energy, and overall well-being.

COURSE OVERVIEW

English or Thai Instruction, Senior Instructor & Assistant, Practice Model, Introduction, Theoretical Foundation, Practical Massage Training, Training Support, Equipments & Spa Products, Refreshments, School Certificate.

WHO CAN JOIN

Beginners, Spa & Wellness Professionals, Experienced Therapists, Spa Owners.

PRICING & DURATION

3h30	(Half Day)	17,500 THB per person
7 hours	(Full Day)	30,625 THB per person
14 hours	(Two Days)	56,875 THB per person

BAMBOO MASSAGE



PRIVATE BAMBOO MASSAGE COURSE

Experience the art of deep relaxation with our Bamboo Massage Training, a private course that combines the power of natural bamboo tools with expert massage techniques. Guided by professional instructors, you'll learn how to use warmed bamboo sticks to relieve muscle tension, improve circulation, and enhance body alignment.

This hands-on training blends traditional Thai methods with modern spa innovation, offering a unique and luxurious treatment experience. Perfect for therapists and spa professionals, it's an excellent way to expand your skills and deliver a truly distinctive wellness service.

COURSE OVERVIEW

English or Thai Instruction, Senior Instructor & Assistant, Practice Model, Introduction, Theoretical Foundation, Practical Massage Training, Training Support, Equipments & Spa Products, Refreshments, School Certificate.

WHO CAN JOIN

Beginners, Spa & Wellness Professionals, Experienced Therapists, Spa Owners.

PRICING & DURATION

3h30	(Half Day)	16,000 THB per person
7 hours	(Full Day)	28,000 THB per person
14 hours	(Two Days)	52,000 THB per person

TOK SEN MASSAGE



PRIVATE TOK SEN MASSAGE COURSE

Discover the ancient art of healing with our Tok Sen Massage Training, a traditional Northern Thai therapy that uses rhythmic tapping with a special wooden hammer and stick to release deep-seated tension and restore energy flow. Guided by master instructors, you'll learn authentic Tok Sen techniques that stimulate the body's energy lines, relieve muscle stiffness, and promote deep relaxation.

This hands-on course blends cultural heritage with modern application, making it ideal for therapists and wellness professionals seeking to expand their expertise with one of Thailand's most unique therapeutic practices.

COURSE OVERVIEW

English or Thai Instruction, Senior Instructor & Assistant, Practice Model, Introduction, Theoretical Foundation, Practical Massage Training, Training Support, Equipments & Spa Products, Refreshments, School Certificate.

WHO CAN JOIN

Beginners, Spa & Wellness Professionals, Experienced Therapists, Spa Owners.

PRICING & DURATION

3h30	(Half Day)	16,000 THB per person
7 hours	(Full Day)	28,000 THB per person
14 hours	(Two Days)	52,000 THB per person

HEAD SPA MASSAGE



PRIVATE HEAD SPA MASSAGE COURSE

Immerse yourself in ultimate relaxation with our Head Spa Massage Training, a private course inspired by Japanese scalp therapy and Thai wellness traditions. Guided by experienced instructors, you'll learn advanced scalp massage techniques, acupressure points, and hair care rituals that promote deep relaxation, improve circulation, and rejuvenate both scalp and mind.

This hands-on training combines theory, practice, and premium spa protocols, offering a luxurious experience that enhances overall well-being. Perfect for therapists and beauty professionals seeking to master one of today's most in-demand spa treatments.

COURSE OVERVIEW

English or Thai Instruction, Senior Instructor & Assistant, Practice Model, Introduction, Theoretical Foundation, Practical Massage Training, Training Support, Equipments & Spa Products, Refreshments, School Certificate.

WHO CAN JOIN

Beginners, Spa & Wellness Professionals, Experienced Therapists, Spa Owners.

PRICING & DURATION

3h30	(Half Day)	16,000 THB per person
7 hours	(Full Day)	28,000 THB per person
14 hours	(Two Days)	52,000 THB per person

INDIAN HEAD THERAPY



PRIVATE INDIAN HEAD THERAPY COURSE

Embrace the soothing power of ancient wellness with our Indian Head Therapy Training, a private course rooted in traditional Ayurvedic principles. Guided by expert instructors, you'll learn specialized techniques focusing on the head, neck, shoulders, and upper back to relieve tension, improve circulation, and promote mental clarity.

This therapeutic practice uses rhythmic movements and nourishing oils to restore balance and harmony. Perfect for both beginners and experienced therapists, this hands-on training offers a holistic approach to relaxation, stress relief, and emotional well-being inspired by centuries-old Indian healing traditions.

COURSE OVERVIEW

English or Thai Instruction, Senior Instructor & Assistant, Practice Model, Introduction, Theoretical Foundation, Practical Massage Training, Training Support, Equipments & Spa Products, Refreshments, School Certificate.

WHO CAN JOIN

Beginners, Spa & Wellness Professionals, Experienced Therapists, Spa Owners.

PRICING & DURATION

3h30	(Half Day)	16,000 THB per person
7 hours	(Full Day)	28,000 THB per person
14 hours	(Two Days)	52,000 THB per person

SPORT MASSAGE



PRIVATE SPORT MASSAGE COURSE

Enhance performance and recovery with our Sports Massage Training, a professional course designed for therapists seeking to specialize in athletic care. Guided by experienced instructors and sports therapy experts, you'll learn advanced techniques to prevent injury, reduce muscle tension, and improve flexibility for athletes and active clients. This hands-on training combines deep tissue methods, stretching, and pressure point work tailored to specific muscle groups.

Ideal for massage professionals, trainers, and physiotherapists, the course provides essential skills to support peak performance and effective post-exercise recovery.

COURSE OVERVIEW

English or Thai Instruction, Senior Instructor & Assistant, Practice Model, Introduction, Theoretical Foundation, Practical Massage Training, Training Support, Equipments & Spa Products, Refreshments, School Certificate.

WHO CAN JOIN

Beginners, Spa & Wellness Professionals, Experienced Therapists, Spa Owners.

PRICING & DURATION

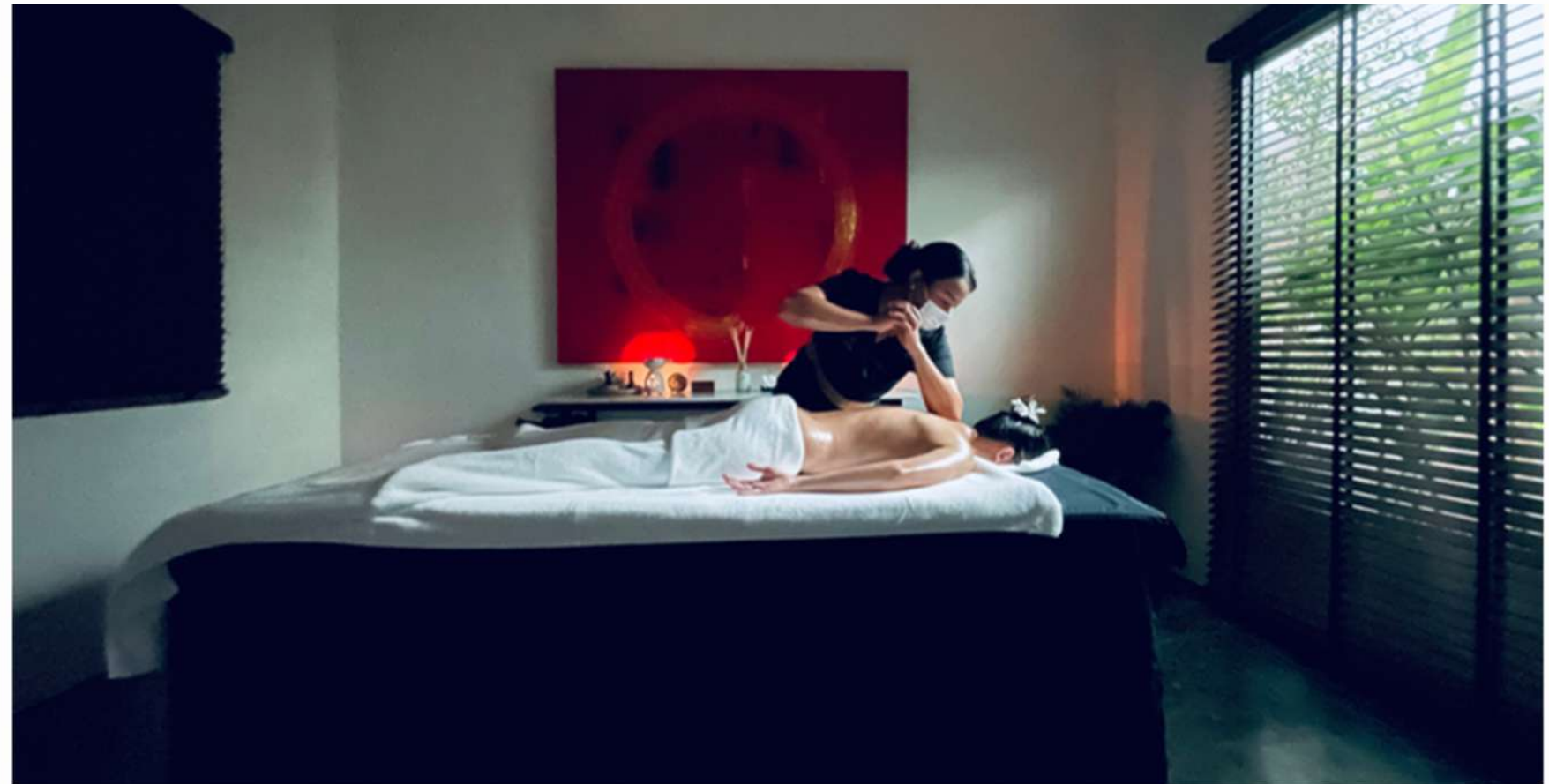
3h30	(Half Day)	13,500 THB per person
7 hours	(Full Day)	23,500 THB per person
14 hours	(Two Days)	44,000 THB per person

ONLINE COURSE LIVE & INTERACTIVE



For an additional 2,000 THB per hour, we can provide full professional video production and editing of your training, so you'll have a polished recording to revisit or share with your team.

Learn from the comfort of your home with our live online massage courses. Each session is streamed with professional camera setup, giving you clear views and real-time interaction with your instructor. You'll gain the same hands-on expertise as in our in-person classes, guided step by step.







We are committed every year to competing at the Massage Championship, showcasing our passion and excellence. In 2025, we proudly achieved 4th place out of 100 talented competitors worldwide.



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Thank You
**GRATEFUL
FOR TRUST**

EST. 2020



Loft Thai Spa

