

Intro to Thai Medicinal Herbs

Thai Hot Herbal Therapy - Fri-Sat, Sept 11-12, 2026

Chapel Hill, NC - Instructor Bob Haddad, RTT

Held at Apsara Studio, Whitney Lane, Chapel Hill

Thai Medicinal Herbs & Herbal Compresses

Fri-Sat, Sept 11-12, 2026 - \$450

(\$100 materials cost included. Tuition + take-home materials and herbs.)

Friday/Saturday, 13 hours CEU NCBTMB & THAI - Thai herbal compress therapy (*luk pra kob*) is an important element of the healing traditions of Thailand. Medicinal herbs and roots are freshly mixed, wrapped into compresses, steamed, and then applied to the body in order to relieve stress, ease tension and bring about a calm state of mind. This is an ancient tradition in Thailand, and one that has many applications in the modern world. The effects of a Thai herbal session can be truly amazing - aches and pains seem to fade away, and you feel relaxed yet energized. Compresses can be used in all forms of bodywork therapy.



In this introductory course we learn to mix and prepare fresh and dry herbs and roots, and we practice giving and receiving Thai herbal treatments. We use the techniques of traditional Thai healers, not the “tourist” techniques that are unfortunately taught in many Thai massage programs. Each person returns home with materials and compresses for future practice. This is a unique opportunity to study closely with the teacher, and to work in an intimate setting with a small group of people.

If you have no previous knowledge of working with Thai herbs, this is a wonderful introduction. If you have already studied herbal compress therapy, you will learn new techniques and concepts to go much deeper in your work, and to provide optimal benefits to your clients. The workshop is open to all, and it's of special interest to massage therapists, herbalists, spa therapists, yoga practitioners, and alternative healers. Previous experience in herbalism or massage therapy is helpful, but not required. Treat yourself, your friends, and your clients to Thai herbal compresses, infusions and teas. Join us for a workshop that can change the way your work with your clients!



Held at: Apsara Studio, Chapel Hill, NC

registration fee \$450

(includes all herbs, supplies and take-home materials)

A deposit of \$200 is required to hold your place in this workshops - register early, limited space

Register here: [Thai herbal workshop](#)

tel: 919-932-9700

web: www.thaihealing-arts.com



Bob Haddad, RTT has studied traditional Thai massage in Thailand and elsewhere since 1999. He is the founder of Thai Healing Alliance, an Approved Provider for NCBTMB, author of two books on Thai healing arts, and he teaches workshops internationally. For specific information about this course, contact Bob at www.thaihealing-arts.com



This workshop is valid for 13 hours CEU with NCBTMB (USA) and Thai Healing Alliance International (THAI). Certificates awarded upon completion.