

Wichana Saitongpanakul



## Love to Care

Puttinan Chopaka, 32, has been a therapist for over two years. She's more than content with her job at Relax One Hour, because she takes pleasure in revitalizing others. We talked to her to find out why caring for others every day is quite so rewarding.

### Why did you decide to become a therapist here?

I like service. But, I don't think this job is just about serving others; it's really about helping people, taking care of them before they get sick. It's a preventative method. The reason I work with Relax One Hour is because I believe they give me a chance to grow more.

### How long is the training?

I learned all the basic movements at BBS Massage School for three months, then I was trained for German massage moves for another three months. So it took me half a year in total. But for me, learning is a lifelong process. I don't think it's going too far to say that.

### Which one is more difficult, German or Thai style?

Both are hard. The techniques and the moves are different.

### Isn't it boring, doing the same treatment to customers all day long?

No, not at all. Doing the same thing could be boring, but the fun part is the talk. I get to talk to customers and get to know them a bit. Some come not only for the massage, but also to have a little chitchat with me. There's one who comes in often, and we're close. That person is almost like a relative now.

### How many hours do you usually work?

I have to be on stand-by nine hours per day, but the actual work takes about two or three hours—one hour for one customer. There could be up to four or five customers per day if there's a four group.

### Are you shy about giving a massage to men?

No, it's normal practice for the customers to choose any therapist. Some women choose male therapists because they like strong pressing, and it's not strange if a man prefers a woman's touch.

### Besides excellent massage skills, is there anything else a good therapist should have?

Yes, a bright smile and an ability to notice customers' needs. It's essential for a good therapist to know her customers, and not just the moves. I mean, you should be able to recommend the treatment that will suit them best, know the moves that are good and bad for their health, and choose the right ones for them. —Duangtawan Nilayon

cold

thermometer

hot