

HOT STONE MASSAGE

~ BENEFITS ~



Hot Stone Massage therapy helps melt away tension, ease muscle stiffness, and increase circulation and metabolism. Hot stones, when coupled with massage, also help to expand blood vessels, which encourages blood flow throughout the body.

During a hot stone massage, the techniques of a regular massage are applied. However, I will also work with hot stones that are placed on specific parts of the body. Hot Stone Massage with Essential Oils is available (extra fee)

The stones are smooth and flat and usually made of the volcanic rock type called basalt. These particular stones are chosen because they retain heat.

The stones that I use for a hot stone massage are placed in a towel warmer before being applied. They are then placed onto specific areas of the body, such as:

- the sacrum to the cranium
- the hands to the top of arms

(the above areas are specific to the person)

Most of the time, I will hold the stones in my hands and use them to massage with. This allows me to get deeper into the muscles without more pressure, helping you to relax further.

This type of hot stone therapeutic treatment is thought to have originated in China almost 2,000 years ago.

Top 10 Benefits of Hot Stone Massage

- Relieve muscle spasm, pain, tension & improve the muscle relaxation.
- Releases toxins & improves skin appearance
- Significantly reduce stress & anxiety
- Improves blood circulation and flow of energy
- Helps to promote better sleeps
- Helps to reduce & manage stress
- Helps to create a sense of comfort and warmth
- Helps in decreasing cancer symptoms
- Helps in relieving the symptoms of autoimmune diseases
- Helps in increasing joint flexibility