

BENEFITS OF HOT STONE MASSAGE

- Increases circulation of the blood, lymph and vital energies
- Improves the tone of visceral organs
- Aids elimination
- Diaphoretic (increases sweating which helps to purify blood)
- Strengthens yin
- Reduces excess yang
- Increases joint mobility
- Sedating to central nervous system
- Helps release sinus pressure and pain



Those experiencing a hot stone massage may notice a healing improvement of the following symptoms:

- Muscular aches, pains, sprains and strains
- Poor circulation
- Rheumatic and arthritic conditions
- Fibromyalgia
- MS
- Back pain
- Stress, anxiety and tension
- Insomnia
- Depression

Treat yourself to a hot stone massage today. You may also try one of my many other massages or spa treatments.



Hot Stone

Body N Soul Massage



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Have you heard about hot stone massage? If you have never experienced this unique indulgence, you owe yourself this exquisite moment.

What is Hot Stone Massage?

Hot stone massage is a form of body work that involves the application of heated stones to the body within the context of a therapeutic massage. Round, smooth stones are heated to a luxurious warmth, oiled and used in the palms of the hands to massage the body. Heat penetrates deeply, prompting profound relaxation, increased detoxification, and relief of long-standing muscular tension, stress and fatigue. You are massaged first with the heated stones and then again with my hands. Therefore, each body part is massaged **twice!**

Origin

The use of applied heat to alter the temperature of the body for healing is a technique of long-standing benefit. The roots of this healing therapy can be sourced back to many ancient cultures including the Native Americans. Though the history of using heated stones as an adjunct to body work reaches back centuries, this type of therapy has recently become popular again.

Treatment

The stones are heated. Prior to the beginning of the session, two rows of hot, flat stones are placed on the treatment table in alignment along both sides of the spine and then covered with a soft towel. The session begins by lying back onto these warm stones. Then hot stones are placed over the heart, on the abdomen, under the neck, in the palms, on the legs and behind the knees. With heat penetrating from above and beneath the body, the massage begins.

Legs, feet, arms and hands are worked gently with massage oil. Then the application of hot, smooth stones held in the palms of the therapist's hands are used to apply additional pressure and heat. Thin, warm stones are placed between each toe to radiate heat after the feet have been addressed. Once each limb has been thoroughly massaged and warmed to the bone, the therapist moves on to work the neck, shoulders, and facial muscles. To end the face up portion of the massage, pleasantly warm stones scented with essential oil are placed on the flat surfaces of the face. These stones are then used to massage the face and scalp.

Stones are then removed from your body. You will then turn face down on the table. The entire back, neck and shoulders are gently worked with massage oil. Then hot stones are used to massage these areas, melting away stress and tension, increasing joint flexibility and softening dry, damaged skin. Once complete, a hot stone is placed over the base of the spine, radiating heat into this area. Warm stones are cupped in the palms to close this phase of the massage while the therapist goes on to work your legs and feet to finish the treatment.

What to Expect

Falling asleep or entering a deep meditative state of mind is a common response to receiving this kind of healing session. Sleeping or meditating through a treatment is absolutely natural and okay.

Once the massage is complete, the person receiving is invited to take a few minutes to absorb and integrate the work before beginning to sit up. It is common to experience a deep sense of peace and relaxation following a treatment. At least an hour of free time is recommended following the appointment to allow for full receipt of the benefits and a gradual reentry into the world. Eating a healthy meal, taking a leisurely walk, or sitting quietly are activities which often serve as a good transition to resuming whatever is planned for the rest of the day.

