



Hot Stone Massage



Heated smooth, flat stones are placed on key points on the body. The massage therapist may also hold the stones and use them to massage certain areas of the body. The use of hot stones for healing dates back to ancient times,

How Does Hot Stone Massage Work?

The hot stones are usually made of basalt, a type of rock that is rich in iron, so they retain heat. River rocks are normally used because they are so smooth - they have been smoothed over time by the river's current. The stones may be placed at specific points on the back, in the palms of the hand, or between the toes. The heat warms and relaxes the muscles, which allows the therapist to apply deeper pressure, if desired. The warmth of the hot stones improves circulation and calms the nervous system. We place stones on points that are thought to be energy centers of the body to help rebalance the body and mind.

Benefits of Hot Stone Massage

- Promotes deep muscle and tissue relaxation
- Alleviates stress
- Releases toxins
- Relieves pain
- Improves circulation
- Calms the psyche

Health Conditions Treated with Hot Stone Massage

- Muscular aches and pains
- Back Pain
- Arthritis
- Fibromyalgia
- Stress, Anxiety
- Circulatory problems
- Insomnia
- Depression

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