

Hot Stone Massage

Hot stone therapy massage is one of the most relaxing treatments available it is pure bliss and a must for those wishing to escape from any stresses and strains.

A greatly energizing massage using the thermal healing power of heated hot stones. The high level of iron and magnesium in the stones allows them to release heat slowly to work where the body needs it.

Hot stone therapy goes beyond the physical experience of typical massage and enters deeper dimensions of relaxation, health and well-being. Physically the circulation and metabolism are stimulated; mentally the client reaches a state of deep relaxation and spiritually is balanced whilst healing takes place. Hot stone therapy combines traditional massage with the use of smooth, heated stones, which are applied to the body as an extension of the therapist's hands that warm the tissue and help "melt" away tension built up in those tight muscles. Cold stones can also be used to aid healing, clearing toxins, decongesting the skin and revitalizing the body and mind.

Hot Stone massage is 10 times more effective than a normal massage. The warmth of these heated stones penetrates muscles and balances the nervous system like no other treatment.

Stone massage works to increase the circulatory system and the lymphatic flow, speeding up the flow of blood to a given area so every cell can benefit from extra nutrition. The lymphatic flow is improved and increased which speeds up the flow of toxins to be removed and expelled from the body.

Each of the stones has been hand carved to the perfect size and shape – some have rounded surface for acupressure purposes – making them perfect for deep massage treatment. The stones also vary in size, from fairly small stones for the face and toes, to larger stones for the back and legs.

Benefits of Hot Stone Massage

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- Deeper relaxation than standard massage techniques
- Alleviates stress
- Releases toxins
- Relieves pain
- Improves circulation
- Calms the nervous system
- Increases rate and flow of blood circulation
- Decrease tension headaches
- Decrease menstrual pain
- Improve back pain
- Improve neck and shoulder pain
- Improve lymphatic (immune) circulation
- Improve health and well being
- Provides relaxation, decongestion and detoxification
- Accelerates lymph drainage

Health Conditions Treated with Hot Stone Massage

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

1 hour - \$132