

Benefits of Hot Stone Body Massage

This is a truly relaxing massage combined with deep heat therapy. Smooth polished basalt stones will rest on and glide across your body. The perfect treatment to loosen tight muscles, relieve stress and ease tension.

A wonderfully warming and relaxing experience

What could be more enjoyable than the feel of smooth hot stones massaging away the stress, tension, tiredness, aches and pains?

Hot Stone therapy has been used in many different cultures for a very long time. The smooth polished stones used are volcanic basalt that retain their heat on the body for as long as possible. The stones are warmed in water to a comfortably warm temperature prior to treatment. The spa therapist lays stones of different sizes from the forehead to between the toes – and especially on key pressure points of the body.



What are the benefits of this wonderful treatment?

Hot Stone Massage has three main purposes:

At first, due to the heat of the stones, it is always a highly relaxing, stress reduction massage. Many people choose to receive hot stone massage, because it's an ideal way to wind down from a bad day or a busy week at work. The heat relaxes and rejuvenates tense and stressed parts of the body. The deep massage with the stones then creates a sensation of warmth and comfort, which allows to feel overcome with comfort, relaxation and warmth. The use of the therapist's hands in conjunction with the stones also helps produce a more intensive experience. Many people enjoy hot stone massage because it has been known to open up the energy pathways of the body and mind, which releases tension and allows the body to be relieved from the many stressors of everyday life.

Secondly, the heat from the stones is also therapeutic - helping to de-tox the body. The pressure and heat increase the circulation and muscles have an increased blood supply, improving function and ability to receive more oxygen and nutrients. The lymph flow is increased and toxins and waste eliminated quicker and more effectively. **Finally the heat from the stones creates a deep relaxing comfort in muscles.** The heat from the stones is transferred to the body and it may reach up to 3cm into the muscle. There it reliefs pain & heals sore or strained muscles tissue or sprains & lessens the pain of cramps. The Tension in connective tissue is decreased and the heat relieves pain & discomfort caused by Arthritis and Rheumatism.

A hot stone massage is not simply the "gliding" of heated stones lightly upon the surface of the skin, but rather the stones are an extension of the therapists hands / tools to deliver effective tissue and muscle massage at a pressure level comfortable to the client. The hardness of the stones makes for a fantastic deep tissue massage. At times during the treatment stones will be placed on or under the body to facilitate deeper heat penetration bringing about greater relaxation of the musculature. A single massage stroke using the stones is as effective as 3 or 4 times that of the hands alone. The hardness of the stones allows the therapist to address specific problem areas with more detailed work or deeper pressure. The relaxation of the muscles leads to mental relaxation. Mental relaxation is key when a spa therapist is attempting to work into deeper muscles of the body.

Hot Stone Therapy goes beyond the physical experience of a typical massage and enters deeper dimensions of relaxation, health and well-being.