



# Hot Stone Massage



## What it is:

Our Hot stone massage treatment is a wonderful way of feeling the benefit of massage through human touch and Mother Nature. Hot stone Therapy is the application of stones in a thermo-therapeutic massage. This is an age-old therapy dating back 5000 years. When heated, the rocks penetrate the muscles and ease tension. The cool stones soothe inflammation.

When hot and cold are alternated, the circulation is stimulated, thereby assisting the body in self-healing. The weight of the rocks being accepted by the skin and the muscles has an effect completely unlike a 'normal' hot / cold treatment.

The stones can be placed down your spine, along your arm or leg and even in between your toes - anywhere you feel the need.

## The Benefits:

- As with all massages, improved circulation has detoxifying and physical benefits and helps reduce inflammation
- Skin condition is improved
- Regulates hormones
- Reproductive system benefits
- Cardiovascular stabilization
- Calms the digestive system
- Respiratory tract regulation
- Removes headaches
- Can energise and improve mental health
- Assists sleep patterns
- Removes muscular aches and stiffness, assisting in reducing Back pain and leg pain
- Rheumatic and arthritic relief
- Relieves, Stress anxiety, insomnia and depression



### What to expect:

Following a brief consultation on your general health and any contra-indications to massage we will discuss your treatment process.

Although you will be undressed for massage your body is always completely covered with towels. It is only the specific area being worked on which needs to be exposed. The focus is always on you feeling safe, comfortable and reassured.

The massage commences with the application of oil and after a relaxing, soothing application, the stones are placed on your back and then your legs. The therapist may apply them to other parts of the body. The stones maybe applied directly on the skin or on a towel. After the application of oils, the massage with oil s continued and essential oils such as black pepper which befits muscles and digestion may be applied.

Following the massage there is a quick debrief to assess the effect of the treatment. Aftercare advice will be given regarding the best way to maximise the effect of treatment.

### Contra - Indications of Hot Stone massage

- Problems with blood circulation
- Joint and muscle rheumatism
- Arthritis
- Stomach and digestive problems
- Fungal problems affecting the intestines, skin or other organs
- Chronic tiredness
- Headache
- Female discharge and period problems
- Depression

### After Care Advice:

*Beware, these oils are also very powerful and some people may have allergies. Always consult your GP before this type of therapy and advise your therapist of any health problems.*

- Avoid solar contact and citrus oils (sunburn risk) for 24 hours
- Drink Fluids (herbal teas eliminate toxins) – avoid alcohol
- Avoid deodorants / fragranced products
- Be aware of side effects – use leaflet or internet information
- Light meal 2 hours before / after
- Exercise effects Blood pressure
- Drowsiness possible (be careful driving) allow your body to guide you
- Don't swim, shower / bath for 12 hours (oils still absorbed)
- Headaches / dizziness possible
- Excess urination, bowel movement is normal as toxins are eliminated