

## HOT STONE THERAPY

Another ancient healing system, stones will warm, nurture and balance you physically, mentally and spiritually. It dates back over 5000 years to Indian and Mayan cultures as well as North American Indian.

It involves the application of water heated basalt stones of varying sizes to key points on the body, giving a deep massage and creating sensations of warmth and comfort.

The direct heat relaxes muscles allowing a greater manipulation than regular massage.

Cold stones are sometimes alternated with the hot. Cold stones cause the blood vessels to constrict, stimulating the nervous system. Hot stones have the opposite effect. It is an experience to feel the relaxing penetrating heat alternating with the toning coolness of the cold stones.

### What are these stones?

They are basalt or volcanic rock formed from hot lava which spills out during eruption. Over many years and exposure to elements the minerals are pressed together resulting in a formed concentrated mass which retains heat and cold and has trapped energy present with the live pulsing vibrating lava. This energy emitted by the stone during a session affects the energy field and pathways of the body to balance and heal. A stone massage is a unique experience connecting with nature.

### How does it work?

The hot stones seem to connect with the flow and paths of energy in the body to have a healing and balancing effect. They have a tendency to relax muscles and draw out muscle pain and discomfort.

Cold stones help the healing of muscular injury or inflammation.

### The Benefits of regular treatments

- A state of deep relaxation is induced which is very beneficial in all areas.
- The circulatory system is stimulated and this promotes self-healing
- Increased range of motion and the relief of pain and muscle spasms
- A sense of peacefulness and spiritual well-being
- Detoxifying of the body
- Help in regulating digestion and speeding up metabolism
- The easing of bloating caused by water retention
- Easing of PMS

As with all types of massage you are encouraged to drink water afterwards to help the body get rid of toxins that have been released from the tight muscles.