

What is Hot Stone Massage?

Hot stone massage is a specialty massage where the therapist uses smooth, heated stones as an extension of their own hands, or by placing them on the body. The heat can be both deeply relaxing and help warm up tight muscles so the therapist can work more deeply, more quickly to affect any problem areas.

The Origins of Hot Stone Massage

Hot stones warmed by fire were used by Native Americans to treat aching muscles, but the modern revival of hot stones in massage is generally credited to Mary Nelson, a native of Tucson, Arizona.

She trademarked her style of hot stone massage, called LaStone Therapy, which has a Native American spiritual component.

What Happens During a Hot Stone Massage?

Before you arrive, the massage therapist will sanitize the stones and heat them in a bath of 120 to 150 degree water. The stones themselves are basalt, a black volcanic rock that absorbs and retains heat well and has been smoothed by natural forces in the river or sea.

You will be asked to undress dependant on full or half body massage, respect, dignity and privacy will be given at all times. You will be given towels to use and asked to lie on the therapy bed, face down, and the therapist will work on your back. First, the therapist warms up the body with gentle smoothing oil and then, when ready, will massage you while holding a heated stone in each hand. As the stones cool, they will be replaced with others. The therapist will use many stones of various shapes and sizes - big ones on the big muscles, smaller ones on smaller muscles.

Arms, legs, tummy as well as the eyes can be treated with the hot stones. The therapist will ask for your requirements.

The therapist will leave heated stones in specific points, such as the tummy and lower spine (sacral area) and may place them along your spine, in the palms of your hand and even between your toes to improve the flow of energy in your body.

Be sure to speak up if the stones are too warm or the pressure too intense. You can always ask us to stop using the stones if you don't like how it feels.

Time to Relax

A short consultation is followed by the massage of your choice. To enhance the massage further essential oils can be chosen and mixed with a carrier oil, please let us know if you have any allergies and certain health conditions by completing a form for us. You will have the opportunity to listen to relaxing music, enabling you to totally 'chill out'. The essential oils are therapeutic and will work on the body while you relax.

Knowing that you are strengthening and protecting the body, physically, mentally and spiritually is comforting and reassuring, giving you the healing that is so frequently needed.

Who Shouldn't Have a Hot Stone Massage?

Hot Stone massage is not appropriate if you have diabetes, high blood pressure, heart disease, or are on medication that thins your blood. You shouldn't get a hot stone massage if you are pregnant or have sunburn.

You also may want to reconsider if you are menopausal as it may trigger a hot flush.

A hot stone massage is more expensive than a basic Swedish body massage as it requires more preparation and sanitisation.

Please see our price list for further details.

Why not treat a friend or a member of the family?

Gift Vouchers are available for those who are difficult to buy for - what better than to give a gift that will benefit their health and well-being too.

We can offer Party Plans - let us arrange a pampering party for you and your friends with a therapy of your choice.

For more information about this or other therapies we offer, please contact us:

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Other therapies and services available:

- Aromatherapy
- Angel Card Readings
- Reiki / Spiritual Healing
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- Emotional Freedom Technique
- Henna Tattoos
- Meditation
- Pamper Parties
- Body Massage
- Hot Stone Massage
- Hopi Ear Candling
- Reiki Training
- Stress Management
- Reflexology



Hot Stone Massage

Client Information

With the pressures of modern life causing stress, pain or discomfort, we can help our body's optimum health by using this warming and gentle hot stone massage.