



Stone Therapy Massage

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Stone therapy massage utilises both hot and cold stones incorporated with massage techniques in order to bring about a feeling of deep relaxation and wellbeing. The hot stones are usually volcanic rocks such as basalt and cold stones are marble or cool sedimentary stones. The stones are heated or chilled to varying temperatures and come in all shapes and sizes. The stones are placed on the client according to their needs and, when used with massage, can provide benefits that are not possible through normal massage.



Treatment Process

Stone therapy is a thermotherapy, using stones to provide both heat and cold and the combination of alternating temperatures can be very beneficial. The heated volcanic stones are used on key acupressure sites and the heat relaxes the muscles, allowing for a much deeper massage. Heated stones can also be placed on the body's chakras, or energy points, working with the body's natural energy to create balance both physically and mentally. Alternatively, the stones can be used as a kind of "place marker", letting the therapist know where more specific massage or treatments are needed.

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