

Hot Stone Massage



The benefits of Hot Stone Massage are

- Relaxation
- Stress reduction
- Ease of aches and Pains
- Pain relief
- Anxiety reduction
- Lymph Drainage
- Warmth

Hot stone massage is a variation on classic massage therapy. Heated smooth, flat stones are placed on key points on the body.

The massage therapist may also hold the stones and use them to massage certain areas of the body. The use of hot stones for healing dates back to ancient times, but it wasn't until Arizona massage therapist Mary Nelson introduced her hot stone massage technique, called LaStone Therapy, that the use of hot stones for massage caught on.

The heat warms and relaxes the muscles, which allows the therapist to apply deeper pressure, if desired

The effects on the body are the same as a normal massage but are felt deeper because of the heat.

Duration of therapy - Each session lasts 45 minutes to 1 hour

Cost of therapy - £25 -£35