

Hot Stone Massage

By Steve Reeve

Hot Stone massage is an exciting massage treatment sweeping the country.

Hot Stone Massage is the technique that is “HOT”, having been introduced from the US as the hottest Spa treatment.

Hot Stone Massage is almost self-descriptive. The technique combines massage with the application of heated and sometimes cooled stones over the entire body, including the face, hands and feet.

The stones are used in one of two ways. The first is similar to a heating pad. The stones are placed under soft towels and the client lays on them.

The second way is as heated tools. The therapist will use the stones as an extension of their hands to deeply work through muscle tension.

Stone massage may encompass both hot and cold sensations.

The warmer stones expand the blood vessels, pushing blood and unwanted waste materials through the body. This has a sedative effect on the nervous system.

The cold stones cause the blood vessels to constrict, stimulating the nervous system and drawing blood and waste products along the body.

This ensures that every cell in the body receives more oxygen and nutrients, while at the same time waste material is removed more effectively through the corresponding increase in lymph flow.

During the treatment, the heated stones are placed all around the body's energy points, including the hands, in between toes, along the back, the stomach, on the eyes, forehead, etc.

The heat of the stones warms the skin, which allows for the absorption of moisturising and therapeutic oils, while simultaneously preparing the musculature of the body so the therapist can work into the deeper muscle layers.

About the Stones

Basalt stones are best used for hot stone massage. Basalt is the most commonly found igneous rock in the world (those that solidify from a molten or partially molten state). It forms when iron and magnesium lava cools and forms rock on the surface of the planet.

These elements contribute to their ability to acquire, hold and emanate heat for long periods of time.

This unique mineral blend is also the reason for the beautiful dark colour range of the hot therapy stones, which varies from black to green to grey.
Benefits and Effects of Hot Stone Massage

- Continuous heat therapy throughout the massage
- Deeper and quicker relaxation of muscles, helping to alleviate stress and tension more effectively
- Heat from the stones increases the relaxation response and increases healing through improved blood flow and circulation.
- Increases lymphatic function, thereby increasing detoxification, cleansing and elimination.
- Creates a feeling of balance and harmony.
- Adds an extremely exciting dimension to the massage treatment
- Enhanced feeling of well-being
- Enables the therapist to work more effectively with chronic pain conditions.

Steve Reeve is a member of the Federation of Holistic Therapists.
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