

## HOT/COLD STONE MASSAGE THERAPY

Hot stones promote increased circulation and deepens relaxation. Hot Stone Massage consists of traditional massage techniques. The temperature aids in the healing process much like hot pads do. In addition each stroke with a massage stone is 10 times more effective than a traditional stroke.

Hot stone massage is a specialty massage where the therapist uses smooth, heated basalt stones, either as an extension of their own hands, or by placing them on the body while they massage other parts of the body. The heat can be both deeply relaxing and help warm up tight muscles so the therapist can work more deeply, more quickly. Stones are warmed in water. The addition of heat during a massage can elevate the relaxation experience greatly. Added heat will help to improve circulation throughout the body. The spine is not an area of the body that is massaged with stones, heated stones are used to rest on the spine which can calm the central nervous system.

Cooled stones can have wonderful benefits if you have any sort of inflammation that could be aggravated by heat.

Hot stone massage is not for everyone. Pregnant and menopausal women should not get hot stone massage treatments. Certain conditions may be aggravated by hot stone massage such as heart or circulation problems. If you have any concerns, consult with Deb Ogden, your therapist prior to your appointment.

Benefits of Hot/Cold Stones include:

- Reduced stress and greater sense of well-being
- Nice warmth with improved circulation and relaxed muscles
- Loosens up the back and shoulders
- Rejuvenation - Boosts and balances the body's metabolism
- Stimulates the lymphatic system
- Relieves pain, aches and stress, promoting relaxation
- Improves flexibility and elasticity
- Enhances feelings of well-being