

## *Enhancing your experience*

Depending on your particular needs, your therapist may combine stone massage with other forms of bodywork such as Swedish or deep tissue massage, injury treatment or Reiki.

Aromatherapy with pure essential oils is often incorporated into stone massage. These therapeutic scents can enhance both relaxation and a sense of well-being.

Sometimes stones or crystals are placed on energy centers such as acupuncture points or the chakras defined in yoga. Heat with the “grounding” sensation of stones is said to balance and strengthen these energy centers. Recipients frequently report a feeling of reconnection with the body and improved energy flow.

## *For your comfort*

Conditions requiring caution with heat therapies such as saunas also call for caution with heated stones. If you are pregnant, have high blood pressure, heart disease, diabetes or are under a physician’s care, consult your massage therapist and physician before receiving stone massage.

Tell your therapist immediately if the stones’ temperature is uncomfortable, or if you feel ready to have them removed. Especially if you have sensitive skin, you may prefer warm instead of hot stones. Your therapist will be happy to adjust the session in any way to meet your individual needs.

## *An experience like no other*

Whether you are seeking stone massage for an overall luxurious treat or for reduction of pain and tension, you will not be disappointed. The properties of heat and cold combined with the comforting mineral element of stone massage can offer you the ultimate in centering, nurturing and healing. Indeed stone massage has been said to be “a sanctuary for body and soul.”

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*After the first couple of sessions, I noticed immediate pain relief. Now the tightness and pain between sessions has lessened. I feel a deeper massage from the stones without residual soreness.*

*—Debbie, mother of five, Florida*

### **NIRVANA**

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# *Hot Stone Massage*



*Relax and  
rejuvenate  
body and mind*



Stone massage is an exceptional type of bodywork that combines the time-proven healing therapies of hot and cold applications with therapeutic massage. Used in relaxing spa treatments as well as for chronic tension and pain, stone massage is increasingly in demand.

In this comforting and healing massage, stones of varying sizes and weights are settled into body contours in areas that tend to hold tension like the back, abdomen and face. Oiled stones are then used in flowing strokes to relax the whole body, creating a nurturing experience beyond compare. Imagine relaxing back on a sun-warmed pebble beach and totally letting go with the calming touch of massage.

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*I have rheumatoid arthritis. In my first session, the tiny heated stones between my toes eradicated all of my leg pain. Afterward, I had a tremendous amount of energy.*  
—Pamela, university advisor, Illinois

## Why stone massage?

Stone massage can be extremely relaxing to both body and mind. The penetrating heat of the stones begins almost immediately to soothe the nervous system and melt the effects of stress. Muscle tension eases under the smooth pressure of the stones, allowing circulation to increase. Irritating toxins are flushed away and healing nutrients flow into the muscles, aiding in the release of pain.

Stone massage can be especially helpful for people with fibromyalgia, arthritis and those recovering from injuries. It also helps relieve sinus pain and the discomforts of premenstrual syndrome. Athletes find it helps them recuperate after a strenuous workout. Stones are also used in facial massage to help restore your healthy glow.



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*Healers from all walks of life have known the time-tested method of using both hot and cold on the body. Shaman placed stones on or near a body to facilitate healing. Native American women would place a warmed stone on their belly during menses. The Roman baths involved hot, hot water and the cooling effect of lying on marble tables.*  
—Mary Hannigan, founder of LaStone Therapy

## Partnering heat with cold

Though commonly known as “hot” or “warm” stone massage, cool stones may also be part of your treatment. Alternating cold and heat can increase circulation and reduce pain more powerfully than heat or cold alone. Cold stones can also reduce inflammation and pain in a localized area such as chronically tight shoulder muscles. Massage with oiled cold stones can help you relax and energize at the same time — some say like breathing fresh mountain air.

## What is a session like?

Stones are often placed both under and on top of your body, usually on the back, in each hand, around the feet, and between the toes. When you lie face up, stones may be placed on your belly, chest and face, and set comfortably beneath the muscles of your back. A towel or sheet is normally placed between you and the stones, and temperature can be easily adjusted. With stationary stones in place, gliding strokes with oiled stones coax your muscles from head to toe to completely relax. As the upper layers of muscles warm up, your therapist can work deeper into areas of soreness or chronic tension. Afterward, you may wish to rest and drink plenty of water to get the most out of this deeply nurturing experience.

