

Stone Massage Therapy Is Now Offered!

Note: Cost is an additional \$5 due to the time it takes for maintenance of the stones.
Stones are used for relaxation, the pressure is firm, but not particularly specific.

Stone massage therapy blends the ancient Native American art of stone massage with modern massage techniques to create a massage experience unlike any other. The Native Americans used rocks, which were either heated or cooled to relieve the body's pressure points to treat the mind, body and soul. This ancient art has been refashioned to meet the stresses of today's world.

The stones are layered upon the body and used to melt daily stresses away. Clients love the feel and energy of the natural healing stones.

This deep heat massage is great for achy joints and muscles.

The massage therapist begins the massage with the normal hand techniques. Then the massage progresses to the stones, which are black basalt stones heated to a temperature between 125 and 150 degrees.

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 massage therapist uses stones as an extension of their hands to work the muscles.

Some stones are cooled instead of heated. The cooled stones can be used to sooth inflammation and to comfort tired eyes.

There will be an additional \$5.00 charge for this modality. If it sounds like something you would enjoy, please schedule an appointment.