

Stone Massage

Stone massage is a unique connection we experience with nature, offering a sense of profoundness and sacredness that we too often forget. It's a deep healing and unique moment that enhances our awareness and brings us closer to our true essence. It is the perfect treatment that is as enjoyable and healing for the client as it is for the practitioner.

Stone massage involves the application of water-heated basalt stones of varying sizes to key points on the body, giving a deep massage and creating sensations of comfort and warmth. The direct heat relaxes muscles, allowing manipulation of a greater intensity than with regular massage.

Those experiencing a hot stone massage will notice a healing improvement of the following symptoms:

- Muscular aches, pains, sprains, and strains
- Poor circulation
- Rheumatic and arthritic conditions
- Back pain
- Stress, anxiety and tension
- Insomnia
- Depression