

Holistic Feathers

Hot Stone Massage

Hot Stone Massage (Stone Therapy) is a wonderful specialist holistic massage treatment using smooth heated wet basalt stones; you will receive a deeply-relaxing, nurturing treatment which offers enhanced therapeutic effects.

Perfect for those with sore aching backs and deep-seated stress issues, the hot stones help to harmonise, restore and rejuvenate your body to its deepest level, working up to ten times more effectively than a usual 'holistic massage' by using the geothermal properties of our specially-selected flat stones.

As the hot stones relax the body, the mind is calmed retreating into a deep meditative state. In this meditative state your body becomes re-energized. Blended massage oils will be used with the stones to help rejuvenate your mind and body.

The soothing heat therapy radiates a positive energy flow, giving a sense of harmony and balance helping you to feel at peace.

The warmth of the heated stones will penetrate deeply into your muscles and help to balance the nervous system like no other treatment. Feel yourself drift away ...

Crystal spheres and wands may also be used during the treatment in a form of "spinal alignment" to help rebalance your body's energy centres, known as chakras.

Hot stone massage benefits may include:

- :: Promotes deep muscle and tissue relaxation
- :: Alleviates stress
- :: Releases toxins
- :: Relieves pain
- :: Improves circulation
- :: Calms the psyche

Hot stone massage have been shown to help and/or alleviate the following health issues:

- :: Muscular aches and pains
- :: Back Pain
- :: Multiple Sclerosis (MS)
- :: Arthritis
- :: Fibromyalgia
- :: Stress, Anxiety
- :: Circulatory problems
- :: Insomnia
- :: Depression



Contact us

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