

Hot stone massage

Learning objectives

This chapter covers the following:

- **a history of stone therapy**
- **hot basalt stones**
- **cold marine stones**
- **a standard set of stones**
- **care of the stones**
- **contra indications and contra actions to stone therapy**
- **massage treatment**
- **specific after care advice for hot stone massage**

Stone therapy has become one of the most sought after treatments in holistic therapy. This grounding, unique form of massage, using hot and cold stones, is gaining great popularity among clients drawn to this cossetting, warming, earthy and deeply balancing treatment. Stone massage involves the use of basalt stones, which are used after heating, and marine stones, which are kept refrigerated. Both hot and cold stones are incorporated into a normal massage routine, enabling the client to have the luxury of a spa treatment in the beauty salon or holistic clinic. As with all new treatments, there is a range of training now available. Some courses include simply incorporating the stones within a regular massage, some working with meridians or the chakras while others include working with crystals as well as the stones. The choices are wide and varied, in cost and length, so shop around to get the best value in terms of product and training.