

20 Pcs. Hot Massage Stones with Traveling Bag and Small Brown Box

USER GUIDE



EVERYTHING YOU SHOULD KNOW

The word “hot” in hot stone massage can scare people away, but it’s probably one of the more soothing types of massages offered at a spa. If you have never had a hot stone massage but want to try it, here is everything you should know about this type of bodywork.

Equipment

Stones come in many shapes and sizes for hot stone massages. Depending on your body type, the massage therapist will determine which stones will be the most effective: bigger stones are used for the back and legs; smaller stones are used for the face and feet; and pointed stones are used to get deeper into muscles. The stones are heated in a pot with hot water. When the therapist is ready to use one, they will spoon out a stone, place it in a towel for a few seconds to cool it off.

Technique

Before using the stones, the therapist will gently massage the body for a few minutes using oil to warm up the tissues and loosen muscles. The therapist will then remove the stones from the pot and cool them down to a tolerable temperature for the client. Similar to getting into a hot tub, the initial feeling may be alarming since your body is not used to such warm temperatures, but you will adapt quickly. If you feel it is too hot, let your therapist know and she will give the stones extra time to cool off.

The therapist will begin by placing one of the larger stones, wrapped in a towel, near the end of the spine. This is a very delicate part of the back which is why a sedentary hot stone is used. The therapist will use a stone in each hand to gently glide them up and down the back to spread the tissue and release muscle tension. These stones should act as extension of the therapist’s hands. As we mentioned before, the therapist will sometimes use longer, pointed stones in order to get deeper into muscles, such as the scapula or the base of the back.

Benefits

The primary benefit of a hot stone massage is deep muscle relaxation. These treatments are more effective than other massages when it comes to getting deeper into the tissue. If you have overly stiff or tight muscles, you will get more out of a hot stone massage than any other type of bodywork. Additionally, as the heat from the stones infiltrates your body, this opens up blood vessels, allowing improved circulation.

A hot stone massage can also result in mental benefits as well as physical. Many clients find that the relaxation acquired through a hot stone massage can help ease and stress or tension in the mind. While massage therapy is not a substitute for traditional medical care, it should be an integral part of your well being.

Hot Massage Stones

About Hot Stone Massage

The application of warmed Basalt stones combined with manual massage to provide the client with a deeply relaxing, therapeutic experience. This treatment which also benefits the therapist not only financially but also physically. As a contemporary therapy, hot stone massage was introduced to the world of spa treatments in 1993. The therapeutic use of stones and rocks has, however, been employed for thousands of years in various forms. The technique utilises smooth warm (basalt*) stones in the therapist's hands to massage the client's body; the heat gently penetrating the skin and muscles, helping the recipient to relax quickly and effectively. Aromatherapy, Reflexology and MLD, along with many other techniques, can be combined with hot stone massage. Many students employing many techniques are able to use thermal stones to avoid, or minimise, the effects of RSI or to continue practicing after sustaining an injury to hands or wrists.

Features:

- Smooth & Sculpted Round Basalt Rock Stones
- Uniquely Selected Stone Type for Comfort & Maximum Heat Retention
- Includes Storage / Travel Bag for Protection
- Melt Away Stress to Soothe Muscle Tension, Soreness, Stiffness
- Heated Stone Massage Relieves Pains Caused by Sprains & Strains
- Ideal for Athletes, Home Care and Therapeutic Spa Centers

What's in the Box:

- (4) Large Massage Stones
- (4) Medium Massage Stones
- (4) Small Massage Stones
- (8) Extra Small Massage Stones
- Travel Bag
- Brown Box

Technical Specs:

- Construction Material: Fabric (Bag)
- Stone Type: Basalt Rock, Round
- Stone Maximum Heat Retention: 25-35 mins
- Large Stone Weight: 0.55 lbs. (-Each)
- Medium Stone Weight: 0.30 lbs. (-Each)
- Small Stone Weight: 0.13 lbs. (-Each)
- Extra Small Stone Weight: 0.08 lbs. (-Each)
- Large Stone Size: 2.7" x 2.1" x 0.9"-inches (-Each)
- Medium Stone Size: 2.5" x 1.7" x 0.6"-inches (-Each)
- Small Stone Size: 1.5" x 1.1" x 0.5" -inches (-Each)
- Extra Small Stone Size: 1.5" x 1.1" x 0.3" -inches (-Each)



Questions? Issues?

We are here to help!
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