



Hot/Cold Stone Application with Massage Therapy

Hot Stone Application

Stones are heated in a professional stone warmer in order to keep them at a suitable temperature for massaging. The stones generate a deep heat but can be cooled for certain conditions. Patients should always inform the massage therapist if the stones are too hot. The massage therapist uses a combination of techniques, including long strokes, circular movements, tapping, vibration or kneading, along with placing the stones on various parts of the body. Due to the deep penetration of the heat, the massage therapist will not use the same amount of pressure that would be used during a regular massage. Different sizes and shapes of stones will be used accordingly on various parts of the body.

Advantages associated with hot stone application can include:

- Decreased muscle tension/pain
- Increased circulation and lymph flow
- Increased flexibility/better movement in joints
- Detoxification and stimulation of the immune system
- Pain relief associated with fibromyalgia and arthritis
- Increased sense of relaxation
- Stress reduction
- Sleep promotion

Hot stone applications are not meant for everyone. Patients with serious muscle injuries, skin rashes/sores, diabetes, blood clots and circulatory diseases may require an altered massage.

Cold Stone Application

Smooth, cool stones can be used in combination with hot stones. Cold stones can be used on the face and other parts of the body. Cold stone application can help relieve:

- Sinus congestion
- Menstrual discomfort
- Pain/swelling from injury
- Headaches/migraines

When applied to the face, cold stones help remove impurities and give skin a firmer texture. This technique also helps improve the skin's appearance and texture around the eyes.