

# *In Home Massage.Org*

## Hot Stone Massage

*Are you in need of a good massage? Hot Stone, Sports, Deep Tissue, Reflexology, Swedish, which one is the best for you? It's important to choose the massage that will address your specific needs and that will also have you feeling relaxed and revived.*

*Hot Stone Massage has fast become one of the most popular massage modalities. It is a unique indulgence that most describe as pure bliss. Heated basalt stones and warm oil are applied to the body which sedates the client into deep relaxation while it melts away knots, tension, and stress. The penetrating heat from the basalt stones expand the blood vessels pushing oxygen & nutrients through the body while it pushes toxins out. The direct heat relaxes muscles & allows for manipulation of a greater intensity than with a normal massage.*

*The Massage Therapist uses traditional strokes of Swedish massage while holding a heated stone. As the stone cools, the therapist replaces it with another. The therapist might also leave heated stones in specific points along your spine, or in the palms of your hand, or even between your toes to improve the flow of energy in your body. If you have inflammation or muscle injury, cold stones are sometimes used.*

*Need more reasons to get a hot stone massage?*

- 1. It reduces anxiety and helps you sleep better.*
- 2. It helps with many different health conditions including Depression, Fibromyalgia, Sciatica, Arthritis and many more.*
- 3. Your body becomes re-energized.*
- 4. It relieves pain.*
- 5. Last but not least, You owe yourself this unique indulgence.*