

Hot Stone Therapy

This incredible form of healing bodywork will transform your health and make you feel fabulous. Hot stone therapy has amazing natural healing energy and has been used around the world for hundreds of years.

The basalt stones used for this therapy are igneous rocks formed through volcanic and sedimentary action. These particular types of basalt stones are found on the bottom of riverbeds where the rapidly flowing water smooths the stones. The dark black-gray colour allows the stones to stay warmer longer than rocks of other colours.



Hot stones entail the chemistry of thermo-therapy. The deep heat of the basalt stones penetrates the muscles providing an immediate relaxation response. Mentally, the individual can reach a state of relaxation within minutes of applying the first stones. With conventional bodywork techniques this deep state of relaxation usually takes 15-20 minutes to occur.

Short-term applications of hot stones on various areas enable the body to concentrate on cleansing, repairing and rejuvenating. When the heat is applied it causes vaso-dilation, as well as increased circulation, cell metabolism, lymph function, and bodily relaxation. It allows the body to reach homeostasis and, in turn, healing takes place more efficiently.