



HOT STONE THERAPY

In China, the use of heated stones to relieve tired muscles dates back to over 3000 years. In Russia there is a tradition of using heated black stones in the bath, in Bali it is believed that batu stones are filled with the vitality of the water that flows over them. In Hawaii, elders known as Kahunas use warm lava stones wrapped in the moist bark of the noni plant, to massage with the ancient belief that this will restore someone's life force.

Modern day hot stone therapy is based on these ancient methods along with the theories and application of hot and cold stones developed by Mary Nelson the founder of 'LaStone Therapy'



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HOT STONE MASSAGE THERAPY



ICNM APPROVED

Course Pre-Requisite
Anmo - Chinese Remedial Massage
(or equivalent)

Hot Stone Massage Therapy

COURSE CONCEPTS

The Hot Stone Therapy Course is a 1 Module (2 days) attendance program designed as a post graduate training for those who have completed the Anmo (Chinese Remedial Massage) course or equivalent Massage Therapists.

COURSE CONTENTS

The program includes:

- Health & Safety in Hot Stones practice
- Contra-Indications to Hot Stones
- History of Hot Stone Therapy
- Understanding Equipment & Apparatus
- Relevant Anatomy & Physiology
- Hot Stones Techniques
- Cooling the Stones
- How to Care for the Stones/Equipment
- How to Clean the Stones/Equipment
- Stone Massage Movements
- Preparation for a Treatment
- Stone Massage Treatment for Stress Relief & Relaxation
- Clinical Practice
- Advanced Hot Stone Massage Techniques
- Hot Stones on Trigger Points
- Remedial Applications of Hot Stones
- Hot Stones to Treat Sporting Injuries



HOT STONE MASSAGE

A Hot Stone Massage uses smooth, flat, hot (or cold) rocks, placed at strategic key points on the body, and also to massage with as an aid to release muscular tension and spasms.



Most Hot Stone Massage courses, are completed in one day and are aimed at the beauty industry.

The Academy's program is held over 2 days with additional time for extra clinical practice and remedial techniques to make for a more confident therapist.

