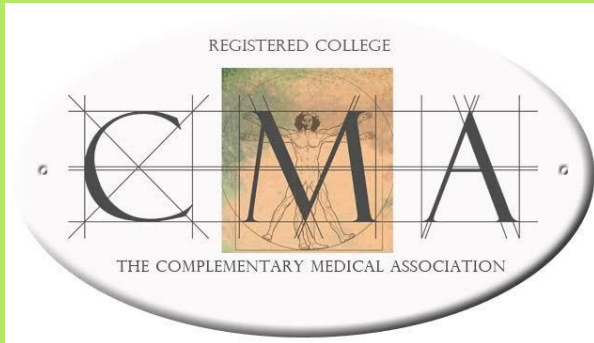


# HOT STONE MASSAGE



## Hot Stone Massage

Hot stone massage combines relaxing warmth and refreshing coolness to encourage the body to detox and heal. This also increases lymph flow and helps to flush out waste.

Heat relaxes your body in a short space of time, so your therapist can focus on a deep working of the tissues using both hot stones and hand strokes.

Hot stones also increase your sense of relaxation and calm. They are coated in fragrant oil which is smoothed gently onto your body, and each stone in turn is worked by your therapist's hands.

Hot stone massage can:

- boost your circulation
- release stored tension
- recharge your energy levels
- relax you

Hot stone massage is said to have health benefits for people with:

- muscular pain
- poor circulation
- rheumatic and arthritic conditions
- fibromyalgia
- back pain
- stress
- insomnia
- depression..

# THE TRAINING CENTER OF WELLBEING

HOT STONE MASSAGE





## CURRICULUM

Health and safety  
Code of practice  
Sterilisation and disinfection  
The appearance of the therapist  
Ergonomics  
Muscles of the face  
Muscles of the body  
Bones of the body  
Types of bone  
Skin anatomy  
The function of the skin  
What is hot stone massage  
Types of stones  
Hygiene and care of stones  
Client consultation  
Contraindications  
Contra-actions  
Benefits of skin brushing  
Hot stone procedure  
Aftercare

## CONTACT US

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## ABOUT THE COURSE

Prerequisite: Massage Therapist

Duration of training: 1 Day

Cost: £145

Independent Learning Hours: 40

Case Studies: 4 with 2 follow ups on each

## IS THIS COURSE FOR YOU?

This course is for massage therapists who wish to add the hot stone technique to their practice.

## MORE INFORMATION

Hot stone therapy is a specialist massage that uses smooth, flat, heated basalt stones that are positioned along your spine, in the palms of your hands, along your legs and between the toes.

## WHATS INCLUDED?

Your training includes:

Full printed manual, classroom sessions, complementary medicine practitioner handbook, support with case studies.

Accredited by the Complementary Medicine Association