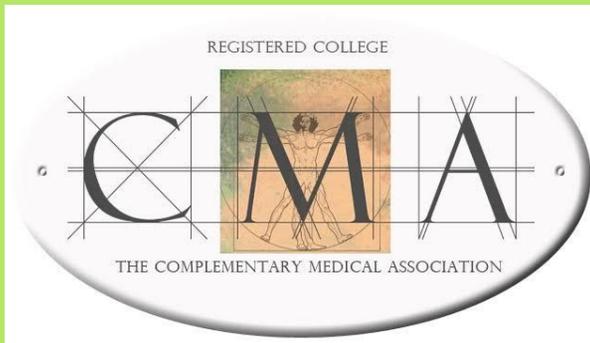


HOT STONE MASSAGE



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

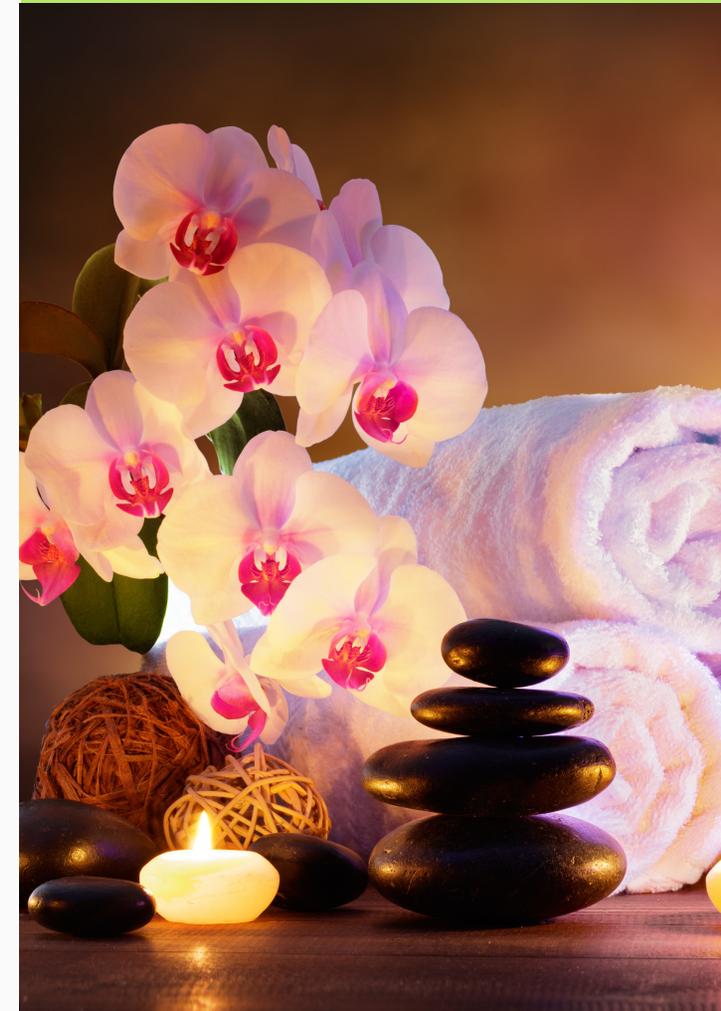
Hot stone massage is said to have health

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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co.uk
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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