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A hot stone massage is a type of massage therapy. It's used to help you relax and ease tense muscles and damaged soft tissues throughout your body. During a hot stone massage, smooth, flat, heated...

6 Benefits of Hot Stone Massage - Healthline

The stone massage is a form of alternative medicine massage therapy and bodywork involving the placement of a number of either heated or cooled stones to the body for the purpose of pain relief, relaxation and therapy.

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Stone massage - Wikipedia

Hot stone massage uses a combination of warmed stones and massage techniques to relax tense muscles, relieve pain and stiffness, and improve circulation. The treatment can be used for ailments like muscular aches, arthritic conditions, and autoimmune disorders.

How to Do Hot Stone Massage: 13 Steps (with Pictures

...

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Hot stone massage is a wonderful addition to body work, especially when muscle tension is involved, and a good hot stone massage kit should include everything you need to get started. For more...

5 Best Hot Stone Massage Kits With Warmers (2020) | Heavy.com

During a hot stone massage, the therapist heats as

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many as 50 basalt stones of varying sizes to 120–140 degrees fahrenheit, rubs them over your oiled body, and rests them on top of and beneath you. The therapist places the stones on your stomach, in your palms, and on your back. The stones' warmth enhances the relaxing effects of the pressure.

Hot Stone Massage Near Me | Spafinder

A hot stone massage involves flat basalt stones being immersed in hot water and then placed onto specific parts of the body. During a hot stone massage, the techniques of a regular massage are...

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Hot stone massage therapy: 5 benefits

A combination of soothing vibrations from our Sound Wave Deep Relaxation Table with the luxury of deep heat coming from healing massage stones in the hands of experts performing massage magic. Add some aromatherapy, cool marble stones to chase away the aches and pains... and you get... awesome relief! Click below to learn more

Massage, Day Spa - Sound Stone Massage Spa - St. Louis ...

Like our Swedish massage, our signature hot stone

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massage is extremely relaxing but even more invigorating. The Massage Therapist uses the hot stones to massage your body. The heat helps release tension in your back and shoulders so those muscles can be worked on more effectively. The result is deep relaxation and peace.

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ANSWER The therapist places warmed stones on certain areas of the body, such as acupressure points. The stones may be used as massage tools or be temporarily left in place. Along with other massage...

What is hot stone massage? - WebMD

Hand & Stone offers a full complement of specialty massages, facials and enhancements. Introductory Offers valid for One-Hour* Swedish Massage, Classic (or Teens/Men's) Facial or Hot Stone Massage services

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Swedish Massage is the most common and best known type of massage. It involves long, fluid strokes of muscles and tissues with pressure that varies from light to medium to firm. This type of massage is considered to be one of the most relaxing styles. Your massage therapists will adjust the pressure according to your sensitivity and preference.

Swedish Massage by Hand & Stone Therapists - Book Now

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