



Hot Stone Massage is a style of massage therapy in which water-treated stones are placed at specific sites on the client's body to promote relaxation and to help open up the Meridian (energy pathways). Muscles are pretreated with the heated stones to allow the therapist to more easily perform deep tissue manipulations. Cool stones are sometimes used alternately with hot stones. Massage oils are usually incorporated into the massage treatment.



Mary has collected her stones from Sacred Sites through out the world and uses a combination of Basalt Lava for hot stones and Marble for cold stones:

Benefits of Hot Stone Massage

- Promotes deep muscle and tissue relaxation
- Alleviates stress
- Releases toxins
- Relieves pain
- Improves circulation
- Calms the psyche

Health Conditions Treated with Hot Stone Massage

- Muscular aches and pains
- Back Pain
- MS
- Arthritis
- Fibromyalgia
- Stress, Anxiety
- Circulatory problems
- Insomnia
- Depression

Contra-Indications

- Cancer
- Certain Skin Conditions
- Uncontrolled High Blood Pressure
- Sensitivity to Heat

What Can I expect?

We will ask you to complete a health history form prior to beginning the massage:

We will ask for your preference of massage oils or creams:

Any preferences as to music and temperature of the room:

We will ask you to disrobe to a level that you are comfortable with and drape your body in accordance with current acceptable practices as defined by NTCMB.

Service Offerings

Hot Stone Massage is offered in either 1, 1 1/2, or 2 hour formats.

How does a session cost?

Please see our prices page.