

# KORA Organics Blog Article

## Stone Massage

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The proliferation of stone therapy techniques can be quite confusing and even daunting to those just entertaining the notion of trying this popular modality of treatment.

Stone facials, Indian Head massage with stones, crystal facials, warm stone massage, heated and chilled stone massage, massage with sacred stones and crystals, the choices go on and on. How do you decide?

### **What is a stone massage?**

Generally a massage using heated and sometimes chilled stones to effectively work muscles and soft tissue to relax muscles, detoxify, tone and rejuvenate.

A well trained therapist, using the proper choice of stones and equipment can deliver a deeply relaxing and therapeutic treatment. A ninety minute hot and cold stone massage can have the therapeutic equivalent of 8 hours of standard manual massage.

Therapists report the significant difference of using the heated stone tools to help work out those knotted muscles in seconds, rather than the many minutes it would take to get the same results using traditional hand techniques.

The heated stones deeply relax the muscles, whilst the cold stones tone the skin, assist in reactivating the lymphatics and thereby flush out the newly released toxins from the muscles.

As a relaxation tool, stone massage is phenomenal in its effectiveness. The gentle treatment works very deeply and without the discomfort that can sometimes be apparent in traditional massage techniques. The perfectly shaped stones, heated to the correct temperature, just soothes away the aches and pains. A body that is relaxed lets the mind relax and a strong feeling of wellness can then resurface.

Massage stones used in conjunction with facial products and techniques is also very effective. Crystals can be used to massage the body and face and the added esoteric healing values can be apparent to some of the more sensitive clients.

### **Differing techniques:**

Not all stone massage techniques are equal, the same as not all massage or beauty techniques are equal.

There are some stone treatments available that may just involve stones lightly rubbed over the skin. These therapies are usually associated with product/brand

protocols and are more aesthetic than therapeutic.

Other stone and crystal massages will be relaxing and others deeply therapeutic and almost life changing.

As with all things, a few simple questions can help you choose your treatment and your therapist.

Look for well trained therapists that are confident in stone therapy. Proper equipment and quality stones are really essential. Choose practitioners that are working with well crafted stones, that are heated to an effective temperature. Smooth, hygienic stones, make the massage experience what it should be. Temperature management of the stones by the therapist is crucial. A competent therapist will check that you are comfortable with stone pressure and temperature to ensure you receive utmost benefit from the treatment.

A poorly trained practitioner will not be effective if they also have poor equipment. I have seen rice cookers and fry pans and even microwaves used to heat stones, which can be exceedingly dangerous for all parties. I have seen unsuitable rocks and pebbles, with their chipping / splintering propensity liable to endanger hygiene and health in use and shuddered to think of all the possible things that could go wrong.

So put your mind at ease and choose a professional therapist with professional equipment.

The expert application of heat and cold, using well executed techniques, can see you rejoice at increased mobility, freedom or reduction of discomfort and a state of deep relaxation and wellbeing.

Stone Massage can be one of the most incredible therapies you can experience, something that you will want to repeat as often as you can.

Reward yourself and give it a try.



Brett Smith

