

Hot Stone Body Massage

Benefits of Hot Stone Body Massage

- Promotes deep relaxation.
- Helps relieve muscle tension and pain. The heat helps increase blood flow to the affected area, and may also reduce muscle spasms.
- Significantly reduces stress and anxiety.
- Releases toxins and improves skin appearance.
- Helps to promote better sleep.
- Speeds up the lymphatic circulation, assisting in the prevention of fluid retention.
- Due to increased blood circulation, hormones will reach their target organs more readily.
- Creates a sense of comfort and warmth.
- Increases joint flexibility, aiding in easier mobility and movement.
- Boosts immunity.

Contraindications: hot stone massage, not suitable for clients with any of below:

- Infections
- Keloid scars (raised scarring)
- Raised birth marks / pigmentation
- Pregnancy / breast feeding
- Pace-maker
- Epilepsy
- Heart disease / heart conditions
- Hemophilia
- Hiv or aids
- Hepatitis b or c
- Vitiligo
- Lupus
- Auto-immune problems
- Heat sensitivity (sunburn, broken skin, hypersensitive skin)
- Thrombosis, varicose veins, stroke
- Circulatory problems
- Diabetes
- Epilepsy
- Cancer
- High low blood pressure

Restrictive

- Botox or fillers (not before 2 weeks of having treatment done)

Contra-actions

A contra-action is something that may happen as a result of the treatment, it can occur during or after any beauty or holistic treatment.

Below is a list of contra-actions that can occur during a massage treatment.

- Allergic reaction
- Tiredness – The relaxation of massage can cause tiredness.
- Headache – Due to the release of toxins in the body, the client may experience a headache.
- Nausea – The client may experience some feelings of sickness during the treatment. This is caused by the increased circulation of waste products through the lymphatic system.
- Light-headedness – During the treatment the client may begin to feel light-headed or faint due to the dilation of blood capillaries altering the blood pressure levels. Stop treatment.
- Increased need to urinate – The treatment may have stimulated the kidneys and bladder which help to clear away waste products.
- Erythema (redness) – mainly caused by heat

Aftercare

- Increase of water intake to flush out toxins, this will prevent a headache after treatment
- Avoid strenuous exercise for 24 hours after treatment
- Rests after the treatment to optimise the treatment benefits