

Bonne Santé

Therapy Centre

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HOT STONE FUSION

Hot Stone Fusion Massage is a popular, pampering and therapeutic treatment, described frequently as pure bliss. Heated stones are used to massage the body, providing a nurturing and enhanced therapeutic effect. The application increases the feeling of well-being by increasing cellular activity therefore increasing the flow of oxygen and nutrients to the muscles. This enables the therapist to work deeply and effectively.

The stones are beautifully coloured, smooth basalt stones with a high iron content, enabling them to retain heat and cold. They are selected for their shape and for the even distribution of iron through the stone. The stones are applied at varying degrees of heat onto an oiled body, and the effect is similar to a combination of sauna and massage. The therapist will massage with some stones and position others on and around the body at various points to enhance the effect even further. Alternate hot and cold stone can be used to create a stimulating effect leaving the recipient refreshed and invigorated.

Hot Stone Fusion Massage takes the principles of traditional Hot Stone Massage one step further, combining Eastern and Western massage techniques in a flowing, creative experience.

Stones are heated in to varying degrees of temperature (extremely pleasant to the feel) and the practitioner will start by applying oil to the body. The stones are then introduced as required for massage, and positioned on and around the body in order to increase the feeling of comfort. Treatment times vary and your therapist will be happy to discuss this further with you. Most treatments can be tailored to suit the individual's needs

A Centre of Excellence for Complementary and Alternative Therapies and Beauty Treatments in Comfortable and Relaxing Surroundings for Male and Female Clients