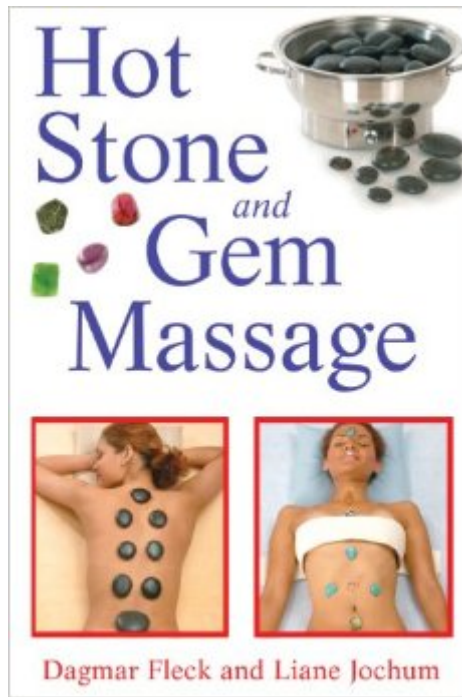


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# Hot Stone And Gem Massage



## Synopsis

A fully illustrated guide to the ancient Hawaiian art of massage with hot stones • Includes illustrated instructions for each area of the body • Explains how to combine hot stone massage with gemstone chakra treatment, detailing the specific healing powers of 54 gemstones • Recommends which base oils and essential oils enhance the effects of hot stone massage

Since ancient times, the people of Hawaii have used hot stones for both physical and spiritual healing. Using basalt stones--fine-grained, high-density volcanic rocks with an exceptional ability to store heat--hot stone massage not only dispels tensions and soothes the soul but also enhances lymph flow, removes toxins, and fortifies the immune system. The treatment causes blood vessels to dilate, leading to improved circulation and consequently improved oxygen, nutrient, antibody, and protective cell supply to the area of the body under the stones and is extremely effective for joint problems, back pain, and sore muscles. Beyond the strictly physical benefits, the massage also stimulates the meridians and chakras, gently dissipating energetic blockages. This book provides step-by-step, fully illustrated instructions for treatments for each area of the body. The authors then include details on the specific healing powers of 54 gemstones, showing how to further enhance the benefits of hot stone massage with gemstone chakra treatment. For instance, in facial massage, working with amethyst can alleviate headaches and help heal skin blemishes. They also describe the therapeutic benefits of several base and essential oils and recommend specific combinations for hot stone massage. The power of the stones, the warmth of the treatment, and the massage itself unite in this holistic therapy to provide deep relaxation and calm that recharges the body and soul.

## Book Information

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## Customer Reviews

This is a nice compact book that gives a good overview about using hot stone and gemstone energy in massage treatment. It explores the Hawaiian and Oriental healing concepts related to these therapies and offers good pictures and diagrams to illustrate how to apply these therapies. It discusses the chakras and meridians, and also mentions the selection of massage oils that can be used. This book covers a lot considering its length. It's not a manual for regular massage therapy, so for learning about anatomy and general massage techniques you would need to use a book on therapeutic massage.

It is a difficult task to explain massage techniques in a book. They have done a great job with full colour illustrations. They cover the materials and equipment you will need and cover both full body and facial techniques. They also explain the meridians and chakras and use of essential oils. This is a good step-by-step guide to give you an understanding of the history and "how-to" procedure. Considering the price, it truly offers exceptional value.

I very much enjoyed this book. I have no prior experience with stones and gems but do with performing massages. The placement (of stone/gem) was very clear as well as the positioning (holding of stone) when performing massage. I can only say WOW to the section about various stones and gems. I will read this book again and again. Working the stones into a session will be exciting for the client & me as well.

My wife and I are very pleased with this book. There is a lot of information crammed into this small book. After reading, we used the information, and the "stones" we purchased, and we were very happy with the results!

For Valentine's Day last year I made one of the downstairs bedrooms into a massage parlor exclusively for my wife. We've done several kinds of massage and the stone massage is always a favorite. I purchased stones along with this book and the stone massage became a hit.

I really like this book. I thought it was only about placing the hot stones and the chakra stones but it really touches on the meridians and using the stones and gemstones to create various treatments

that better cater to some common issues your clients may be experiencing. Great book!

Got this book along with some stones and a massage table for my wife on Valentines Day. She loves it! If you're looking to surprise your wife with something that she'll love then get some Hot Stones for a good massage! You won't regret it!

This book is full of information regarding hot stone and gem massage. I would recommend it to anyone who is interested in learning this type of massage/healing. I have incorporated these techniques into my massage practice and have had nothing but positive feedback.

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