

I'll have mine "On the Rocks" by Julie Melchiorre, Spa Director

If you want to try something new for your next massage appointment, we recommend a soothing WARM STONES MASSAGE. A stone massage provides tension relief and the ultimate tranquil balancing effect that many of us seek.

It's a practice as old as time, but one that has been recently rediscovered. Hot stone massage, is the updated version of a technique employed by Native Americans, using gently warmed rocks to massage the body. The technique provides a deeply relaxing, healing, detoxifying, and, some say, spiritual experience.

The stones are smooth, black rounds of basalt in varying sizes heated in water to temperatures between 125 and 140 degrees. Warm stones encourage the exchange of blood and lymph and provide soothing heat for deep-tissue work. The alternating heat and cold of thermotherapy brings the entire body into the healing process, with a rapid exchange of blood and oxygen and alternating rise and fall of respiration rate as the body seeks homeostasis.

Our Warm Stones Massage is a treatment combination of stones placement and regular massage. During treatment, hot stones are placed on neural pathways. They are positioned to apply steady warmth and pressure along the spine and neck. Others are placed between fingers and toes and on the stomach, shoulders, and hands-- key spots where stress can build up. Then the ultimate relaxing massage begins, as other stones are used as an extension of the practitioner's hands to help go deeper into resistant muscle tissue. The stones gently glide over sore muscles providing a deep rolling radiant heat.

To experience the maximum benefit of "the stone effect" we recommend the 80 minute **Warm Stones Massage**. For those who just want to sample a stone or two, please try the new "**Taste of Stones**" now available with any regular massage.

Just call us to schedule your appointment.