



Hot Stone Massage

Alison Trulock

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Hot stone massage is a unique variant of massage therapy that employs heated stones to release physical tension and calm the nervous system. The stones' warmth and weight help the recipient focus more intently on the massage, and to be more receptive to its benefits. This superb introduction explains everything about this ancient healing practice, from which stones to choose (color, smoothness, shape, and mineral content matter) to which strokes to use. Along with attractive instructional photos throughout, there's information on setting up the massage, working different parts of the body, stimulating the chakra points, and alleviating specific symptoms—including muscular aches, back pain, arthritis, circulatory problems, and insomnia.

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