



Hot Stone Massage

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What is the Hot Stone Massage The application is based on people with hot stones on long past. The Hot Stone Massage Therapy in use with heated stones were used before the birth of Christ in the Asian regions of healers (shamans). The massage with warm (hot) stones originated from the human instinct of modern times. Massage pressure in combination with a deletion massage reduces muscular pain and discomfort.

Healers and shamans use earlier today as the heated (hot) stones to hang up and transfer the heat from the stone to the human body to various body areas, such as at the junctions of the bladder meridian in the amount of the sacrum by accumulated too many marma points from the Ayurvedic perspective, the heat (no heat) as a pleasant feel.

The origins of the use of a massage with hot stones in ancient Nepal is likely to be rooted in Tibet and western China. Therapies were often combined with herbs to enhance the effect of therapy.

Hot-stone in the modern age Experiments on the massage, the massage therapists discovered the use of heated, hot stones, which proved to be an effective application to reduce muscle tension and the balance of yin and yang in the body recover.

Benefits of Hot Stone Massage The (hot stone) massage with hot stones helps to relieve the body of disharmony, which is caused by modern lifestyles (stress). The hot stone massage harmonizes the body and balances the body's prana (life energy) to restore the health of clients and to improve it. The type of massage with heated stones can be easily and quietly, or deep and penetrating.

Benefits of Hot Stone Massage for the masseur Another advantage of the massage with stones the discharge of the joints, tendons and capsules is the masseur, because the stone massage works with a trained guide for the masseur. The stone massage administered by the pressure relieved with proper handling of the stone massage the wrists of the masseur. A hot stone massage should relax the client and the masseur at the (massage).

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