

# Hot Stone Massage

A qualified massage therapist would generally utilize smooth black Basalt Rocks or river rocks for this therapy. Heated to a consistent temperature in a hot bath. Basalt stones are high in iron and are well adapted to retaining heat. They are meant to aid in the improvement of the body's energy supply.



The practitioner either places heat stones on certain locations throughout the body or squeezes the muscles under continual pressure to relieve discomfort.

## Hot Stone Massage Tukwila and the needs

A [Hot Stone Massage Tukwila](http://www.bluelotusspa.net) is a form of therapy that uses smooth, heated stones to massage the body. For example, this type of massage is utilized for a variety of reasons.

- Stress and anxiety
- Bad or poor circulation
- Arthritis pain
- Depression
- Insomnia
- Backaches and pain

Many people who are upset or apprehensive are looking for a Hot Stone Massage Tukwila. The rock temperature will help you and your muscles relax. When patients are in a lot of discomforts, they often plan this time for a massage. This helps to cleanse the mind and reduce worry.

## Six benefits of Hot Stone Massage Tukwila

Alternative treatment encompasses a wide range of massage techniques. For a few difficulties, they've become routine mutual therapy. The given below are some of the pros of a Hot Stone Massage Tukwila:

### 1. Helps alleviate stress and discomfort in the muscles

The heat was applied for an extended period to relieve muscular tiredness and damage. In addition, it helps to increase blood flow to the afflicted region. As a result, muscle spasms can be decreased, and endurance and range of motion can be improved. Treatments for chronic pain are one of a kind.

Depending on your conditions, alternating heat and cold stones throughout your massage might be beneficial.

## **2. Decrease's tension**

Massage therapy for stress reduction must be successful. The research backs up their point of view. According to 2001 research, a 10-minute massage improved cardiovascular responses such as stroke volume. In addition, a new study revealed that 15 minutes of on-site chair massage reduced blood pressure much more than a 15-minute break without a massage.

## **3. Foster's sleep**

In a 2006 written audit, it was discovered that Hot Stone Massage Tukwila might be a better alternative to sleeping pills for people with insomnia. Back massage was shown to help with sleep and relaxation in the study. In a 2001 research, children with restlessness assisted their parents in falling asleep faster by giving them a 15-minute massage. They were more aware, dedicated, and optimistic as a result of their awakening. Although it's unclear why massages are meant to help you sleep better or improve your health, they do.



## **4. May assist in relieving signs of autoimmune diseases**

The [Hot Stone Massage Tukwila](http://www.bluelotusspa.net) will help with fibromyalgia and other weakening symptoms. Fibromyalgia is a long-term condition that produces excruciating pain. According to a 2002 survey, people who got fibromyalgia treatment with a 30-minute massage experienced more mild discomfort and used less P drug (a pain-related medication) than those who received relaxation therapy. More study is needed, though, before fibromyalgia massage becomes commonplace.

## **5. May aid in reducing symptoms of cancer**

A three-year study published in the Journal of Distinction and Symptom looked at the benefits of massage on pain, tiredness, stress and anxiety, nausea, and depression in 1,260 cancer patients. According to the study, even in those with severe symptoms, the massage, specifically Swedish massage, improved cancer symptoms. According to the researchers, the soothing effect of human contact had a role.

## **6. Can improve immunity**

Hot Stone Massage Tukwila boosts the immune system. In a single session, Swedish massage treatment has a favorable and immediate immunological impact. Blood samples were taken before and after the massage.

### **What happens during a Hot Stone Massage Tukwila**

A Hot Stone Massage Tukwila is an example of treatment. The body is utilized to assist in the relaxation and relief of weary muscles and soft tissues. Flat, smooth stones are put on certain body regions during a Hot Stone Massage Tukwila. Basalt, an igneous heat-retaining rock, is commonly used to create stones. Heat massage stones are heated to 130 and 145 degrees at the University of New Hampshire.

Stone layout:

- On your chest
- On your hands
- On your toes and heels
- Around your spine.

Massage therapists can use heated stones for kneading your body while utilizing Swedish massage techniques, for example.

- Long strokes
- Circular movements
- Vibration
- tapping
- kneading

Cold stones are also used in the Hot Stone Massage Tukwila. After heat, hard rocks should be used to release any clogged veins and brighten the skin.

### **Who will prosper from a massage of hot stone**

Someone suffering from muscle stress and discomfort, sleeplessness, or stress will benefit from a massage with hot stones. If you have a symptom-causing condition, see your doctor to see if a massage with hot stones is right for you.



## **Hot Stone Massage Tukwila**

Contact Us:

[www.bluelotusspa.net](http://www.bluelotusspa.net) / (425) 528-2410



**Why choose us**

Our professional massage therapist applies the best oils and gentle, heated stones to your body to ease discomfort and stress. In addition, massage therapists may use light pressure on the body to increase a client's efficiency. For more information visit the website [Blue Lotus Spa](#)