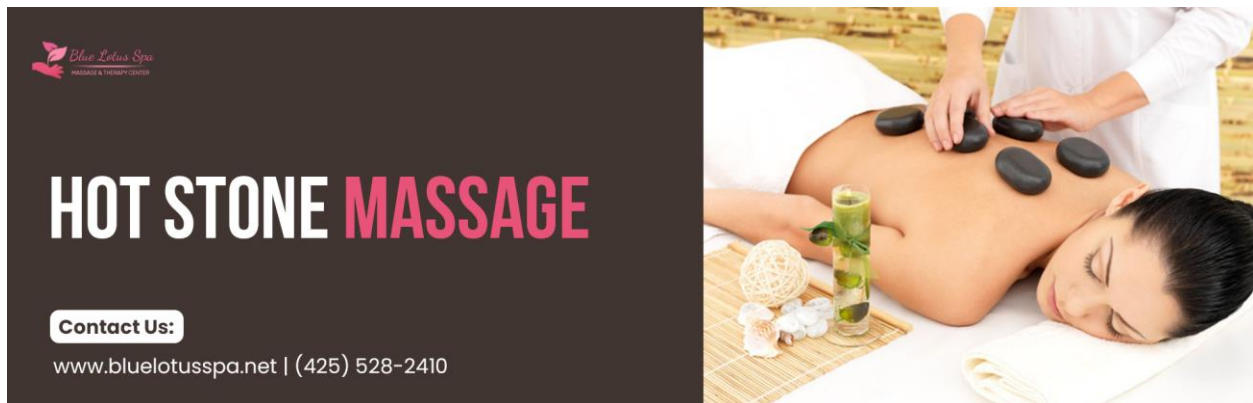


WHAT IS HOT STONE THERAPY?

Hot stone therapy may be a specialist massage that uses smooth, flat, heated basalt stones that are positioned along your spine, within the palms of your hands, along your legs and between the toes. Typically from river beds, basalt stones are used for massage as they need an upscale iron content that retains heat. Cold marble stones are often utilized in the treatment to assist aid with detoxing and healing the body.



HOW DOES HOT STONE THERAPY WORK?

Your spa therapist will warm the stones in water until they're within the precise temperature range of between 120 and 130 degrees Fahrenheit.

HOT STONE THERAPY may begin with a standard Swedish massage technique to organize your muscles. Your spa therapist will then place the nice and cozy stones on key acupressure points on your body. The stones warm and relax your muscles, allowing for deeper pressure during the massage.

Spa therapists use a blend of massage oils and massage techniques and techniques to massage the neck, back, arms and legs with or without stones. You ought to always tell your spa therapist if the stones are too warm or the pressure is just too intense.

Allow many time for your hot stone treatment; arrive 10 minutes early to permit yourself time to relax. If it's your first time at the spa you'll be asked to finish a pre-treatment health questionnaire. Avoid eating an important meal or drinking alcohol before the treatment.

The origins of hot stone therapy are often traced back to over 2,000 years ago, when the Chinese used heated stones quite 2,000 years ago as a way of improving the function of internal organs. you'll read more about the history of stone therapy on our blog.

WHAT ARE the advantages OF HOT STONE THERAPY?

The combination of hot and cold stones encourages your body to detoxify and heal by increasing the volume of the lymphatic system and stimulating your body to detoxify.

- **Some other benefits of hot stone massage include:**

- Relaxing tense muscles
- Aiding pain relief
- Alleviating depression
- Promoting sleep
- Improving circulation.
- Hot stone therapy helps people that suffer from:
 - Stress
 - Back pain
 - Muscular pain
 - Fibromyalgia
 - Insomnia
 - Depression or anxiety
 - Poor circulation.

IS HOT STONE THERAPY RIGHT FOR ME?

[Hot stone therapy](#) isn't recommended for anyone with high vital sign , diabetes, heart condition , varicose veins, migraines, atrophic arthritis , decreased pain sensitivity, recent wounds, areas of weakened or You are taking inflamed skin, tumors, metal implants, recent chemotherapy, radiotherapy or surgery, or blood thinning drugs. If you think you are pregnant, please inform the therapist.

If you've got a significant medical condition you would like to supply the spa with a letter from your doctor or practitioner confirming that the treatment is suitable for you.



WHERE am I able to GET HOT STONE THERAPY?

Book your hot stone therapy, available at the subsequent Spa Experience locations:

Address: 647 Strander Boulevard, Tukwila, Washington 98188 Inside Seattle Exchange Business Park, Tukwila, WA

Phone No: 4255282410

Email: info@bluelotusspa.net

Website: <https://bluelotusspa.net/>