

Hot Stone Therapy



Jamie Beauchamp, RMT

604-515-7018

Jamie@fuscaldototalhealth.ca

Allow tension to melt away as a combination of warm stones and strong hands creates the ultimate experience in therapeutic relaxation.

Deeply penetrating heat from basalt stones will relax tense muscles, improve circulation and provide an overall sense of well-being.



The Benefits of Hot Stone Therapy

Stone massage has been used for healing in many cultures around the world for centuries, and it is quickly becoming recognized as a legitimate form of therapy in the West.



Some of the benefits of hot stone therapy include:

Pain relief

Improved circulation

An overall sense of well-being

Reduced effects of stress and anxiety

A feeling of warmth and comfort

Allows for deeper work in those who are unable to tolerate increased pressure

Conditions that can benefit from hot stone therapy include:

Fibromyalgia

Pre-menstrual discomfort

Joint pain/osteoarthritis

Muscle tension and spasm

Stress and anxiety

Back pain

Sinus congestion

About The Stones

The stones used in these treatments are basalt stones from the Andes mountains in Peru. Basalt is the result of cooled magma which, over millions of years, is eroded into the smooth round stones that we use here. As the magma cools, the earth's magnetic field is preserved within it and basalt has been a very useful tool in learning about the earth's crust and the activity of the earth's magnetic field. Because it is volcanic rock, it absorbs and retains heat very well and transmits it to the body via conduction.

Metaphysical Properties of Basalt:

Basalt is representative of the Earth. Magma originates from the centre of the earth, and the basic elements of nature (wind, water, fire) come together to form the magma into the stones that are used. It is symbolic of strength, stability and balance. Focusing on these traits may help to bring clarity during stressful times and help to "bring you back down to earth." It may help one to feel centered, grounded and connected to their body.



Treatments

Hot stone therapy combines massage with heated stones, which are either massaged over the body or placed upon specific areas of the body.

Full Body

60 minutes.....	\$80
75 minutes.....	\$100
90 minutes.....	\$125

Upper Body or Lower Body

45 minutes.....	\$60
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Pre-Menstrual

This treatment incorporates stone placement with massage techniques specifically to the abdomen and lower back. Beneficial for pre-menstrual cramping and aching.

***NOT recommended for all women. Please contact me for a consultation.**

30 minutes.....	\$45
45 minutes.....	\$60

Face & Scalp

Beginning with soothing warmth to the scalp, this treatment ends with contrasting warm and cool stones on the face to leave you feeling both relaxed and refreshed. Beneficial for sinus congestion, headaches due to eye strain and a great way to end a regular massage.

*Available without the use of cool stones.

15 minutes.....	\$25
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Hot stone treatments MUST be requested at the time of booking.

**FUSCALDO CHIROPRACTIC
& TOTAL HEALTH CENTRE**

434 East Columbia Street
New Westminster, B.C.

Phone: 604-515-7018

Web: www.fuscaldototalhealth.ca

Email: jamie@fuscaldototalhealth.ca