

Swedish Hot /Cold Stone Massage

Swedish Hot/Cold Stone massage combines the benefits of traditional massages, such as relaxation, relief of muscles tension, pain and stiffness, with the benefits of thermo therapy. These benefits include improved circulation. natural detoxification and cleansing. During a hot stone, massage, the therapist uses smooth hot basalt stones in her hands while massaging the body.

Hot stones are placed on each side of the spine, under the neck, and one in each hand. More stones are placed to warm the feet. The stones become an extension of the therapist's hands. Essential oils can be added to the body for the massage while hot stones open the skin's glands, giving the body hot oil treatment that softens and nourishes the skin.

Swedish stone massage is a great option for runners, body builders and people who have jobs that require sitting for long periods of time. This is also a great option for people who want the benefits of a deep tissue massage, but do not enjoy the intensity of the type of therapy.

This therapy requires prior appointment, at least an hour and half or more to warm up the stone properly. No appointment will be booked before 11:45am.



Molly's
Massage & More