

STONE MASSAGE



**60 Minute Hot Stone
Massage - \$105**

**90 Minute Hot Stone
Massage - \$145**

During this **comforting** and **relaxing** massage, heated smooth, flat stones are placed on key points on the body.

The heat **warms** and **relaxes** the muscles, which allows the therapist to apply deeper pressure.

The warmth of the hot stones **improves** circulation and **calms** the nervous system.



Recommended for people with:

- **Back pain** and aches
- **Poor circulation**
- **Osteoarthritis** and **arthritis** pain
- **Stress, anxiety** and **tension**
- **Insomnia**
- **Depression**
- **Chilly or cold feet**