

Benefits of stone therapy

Benefits of a stone treatment are believed to include:

- Increased circulation – allowing the blood to flow more freely, helping to regulate hormones and the immune system
- Higher metabolism – increasing the rate at which the body processes food, toxins and burns energy
- Reduced muscle tension – enabled by the concentrated heat and massage from the stones
- Increased lymph function – improving the efficiency of the body's waste disposal system
- Reduced inflammation from cold stones, which also refresh mind and body
- A deep sense of relaxation and well-being



About the Federation of Holistic Therapists (FHT)

The FHT is the largest therapy association in the UK and Ireland, representing around 20,000 professional complementary, sports and holistic beauty therapists. Founded in 1962, the FHT is a not-for-profit organisation which, by establishing and maintaining high standards of practice by member therapists, ensures high quality treatments for the protection and benefit of the public.

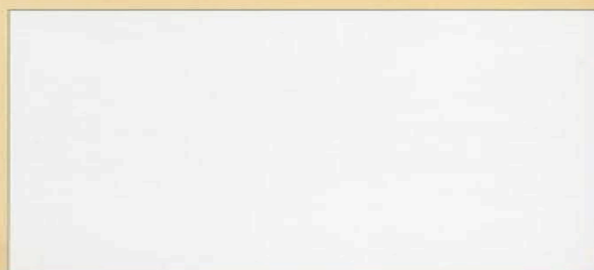
Where can I find a stone therapist in my area?

To find a qualified therapist, visit the FHT website www.fht.org.uk/findatherapist where you can view our therapists' listing*. Each member's listing entry also shows other treatments that they are qualified to practise.

You can be confident that therapists on this list are members of our professional organisation, offering high standards of treatment and following our strict code of professional practice and ethics.

* Not all of our members choose to release their contact information to the public. We are happy to verify that individual therapists are members of FHT if you contact us directly; please phone 0844 875 2022.

Your local FHT therapist is:



The UK and Ireland's largest professional association

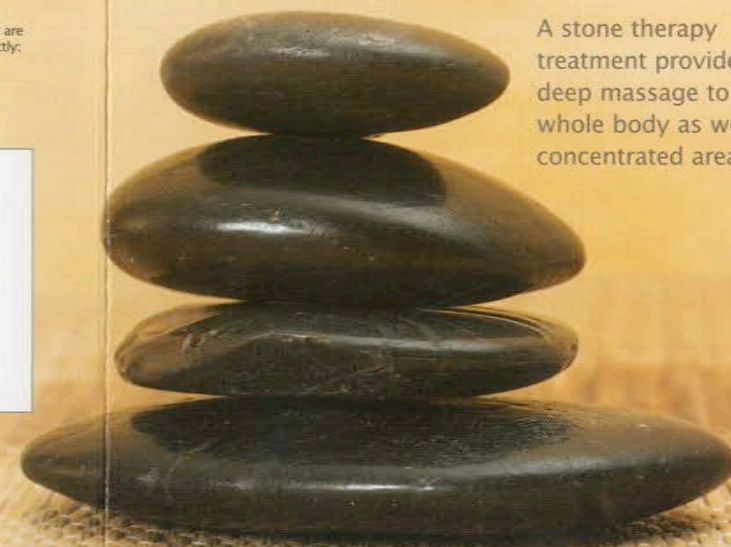
Web: www.fht.org.uk
Email: info@fht.org.uk
Tel: 0844 875 2022

Stone Therapy

About stone therapy

Stone therapy is an exceptionally relaxing treatment, rooted in ancient therapy practices and used to create balance within the body. Hot basalt and cold marble stones are used by most therapists, with the positioning and temperature of the stones tailored to the individual client.

A stone therapy treatment provides a deep massage to the whole body as well as concentrated areas.



About stone therapy

Stones have been used in treatments for centuries and can be traced back to ancient Egypt, China and the Incas.

Stone therapy is based upon geothermal therapy, which is the application of either heated or chilled stone to the body for the purpose of changing physiological responses. Heat from basalt stones increases the blood flow and relaxes muscles, resulting in a variety of health benefits, while cold stones soothe the body and can reduce inflammation.

Can everyone benefit from a stone massage?

Stone therapy is ideal for most people as the treatment can be adapted to suit the individual. However, stone therapy is not appropriate for those with the following common conditions:



- High blood pressure
- Skin conditions
- Diabetes
- Open wounds and sores
- Pregnancy

As with all treatments, a full consultation will be completed prior to your treatment to discuss any conditions or concerns.

Before your treatment

Before your treatment it is important to drink plenty of water to begin flushing away toxins. You should also avoid eating a heavy meal, consuming alcohol or smoking.

What happens during a stone treatment?

A stone massage treatment will last approximately 40 minutes to one hour. You'll be invited to relax on a massage table and a towel will be used to ensure your modesty. Basalt stones in a variety of shapes, sizes and weights for corresponding areas of the body are heated in water.

A therapist will apply warm, oiled stones in several ways during the treatment. Heated stones are applied to the spinal area, placed between your toes and fingers and will also be applied to the top of the body according to the chakra system. These stones will deliver heat to those concentrated areas, improving the flow of energy in your body. Your therapist will massage other areas of the body with more heated stones in comfortable strokes, replacing them as they cool. This will include the arms, legs and torso.

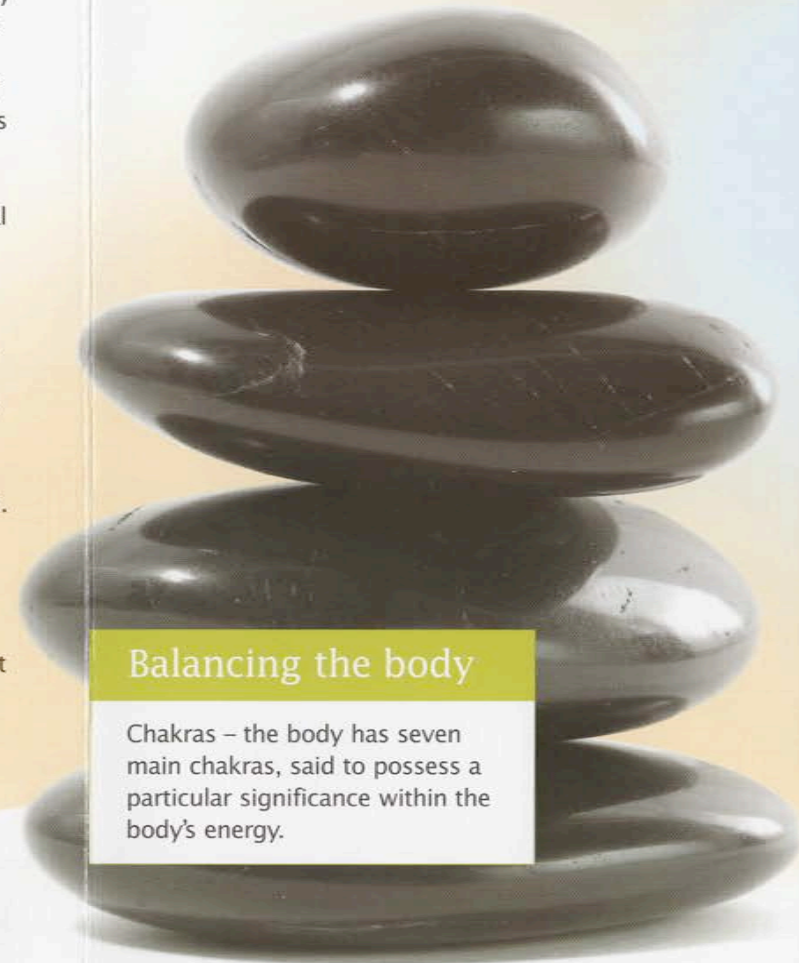
If you have a muscle injury, cold stones will be applied to soothe affected areas. They will also refresh and invigorate, creating a cleansing effect in the body.

The use of stones allows a gentle but deep and relaxing treatment.

After your treatment

This deep massage may leave you feeling very relaxed with an overall sense of well-being. To gain maximum benefit from your stone treatment, try to rest afterwards and drink plenty of water.

Avoid eating a heavy meal in the 2 hours following a treatment and try to avoid alcohol and tobacco for at least 24 hours. If you have any queries, do not hesitate to ask your therapist for advice.



Balancing the body

Chakras – the body has seven main chakras, said to possess a particular significance within the body's energy.