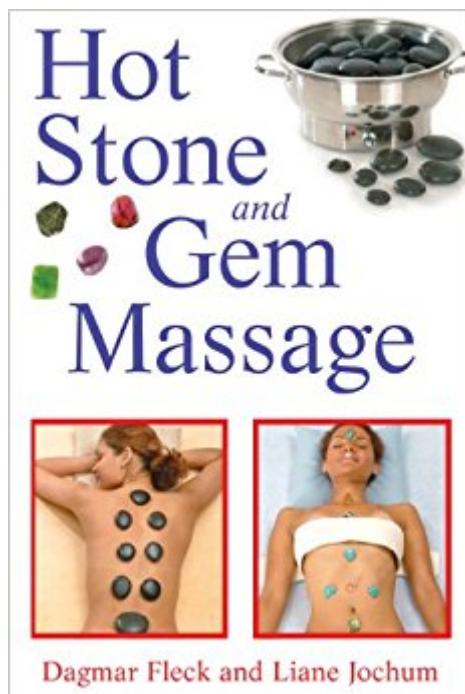


The book was found

Hot Stone And Gem Massage



Synopsis

A fully illustrated guide to the ancient Hawaiian art of massage with hot stones. Includes illustrated instructions for each area of the body. Explains how to combine hot stone massage with gemstone chakra treatment, detailing the specific healing powers of 54 gemstones. Recommends which base oils and essential oils enhance the effects of hot stone massage. Since ancient times, the people of Hawaii have used hot stones for both physical and spiritual healing. Using basalt stones--fine-grained, high-density volcanic rocks with an exceptional ability to store heat--hot stone massage not only dispels tensions and soothes the soul but also enhances lymph flow, removes toxins, and fortifies the immune system. The treatment causes blood vessels to dilate, leading to improved circulation and consequently improved oxygen, nutrient, antibody, and protective cell supply to the area of the body under the stones and is extremely effective for joint problems, back pain, and sore muscles. Beyond the strictly physical benefits, the massage also stimulates the meridians and chakras, gently dissipating energetic blockages. This book provides step-by-step, fully illustrated instructions for treatments for each area of the body. The authors then include details on the specific healing powers of 54 gemstones, showing how to further enhance the benefits of hot stone massage with gemstone chakra treatment. For instance, in facial massage, working with amethyst can alleviate headaches and help heal skin blemishes. They also describe the therapeutic benefits of several base and essential oils and recommend specific combinations for hot stone massage. The power of the stones, the warmth of the treatment, and the massage itself unite in this holistic therapy to provide deep relaxation and calm that recharges the body and soul.

Book Information

Paperback: 160 pages

Publisher: Healing Arts Press; Tra edition (November 18, 2008)

Language: English

ISBN-10: 1594772460

ISBN-13: 978-1594772467

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 46 customer reviews

Best Sellers Rank: #88,040 in Books (See Top 100 in Books) #46 in Books > Religion & Spirituality > New Age & Spirituality > Divination > Crystals #50 in Books > Health, Fitness & Dieting > Alternative Medicine > Massage #455 in Books > Religion & Spirituality > New Age &

Customer Reviews

âœThis book integrates two long-used types of stone-enhanced therapy. The authors offer clear explanations of the chakras, the meridians, and the stones themselves. Hot Stone and Gem Massage will encourage practitioners and individuals to work with both the physical stones and the spiritual qualities they express, making possible the next step of realizing that a deeply beneficial relationship is possible between ourselves and the mineral realm.â• (Robert Simmons, coauthor of The Book of Stones and author of Moldavite: Starborn Stone of Transformation) " . . . a very good resource for anyone looking to get into hot stone and gem massage. . . . The authors also explain how to do several alternative techniques that can be used in the process. Full color pictures are included showing the layouts and the more difficult techniques." (Dr. Tami Brady, TCM Reviews, Sep 2008)

HEALTH / BODYWORK âœThis book integrates two long-used types of stone-enhanced therapy. The authors offer clear explanations of the chakras, the meridians, and the stones themselves. Hot Stone and Gem Massage will encourage practitioners and individuals to work with both the physical stones and the spiritual qualities they express, making possible the next step of realizing that a deeply beneficial relationship is possible between ourselves and the mineral realm.â• --Robert Simmons, coauthor of The Book of Stones and author of Moldavite: Starborn Stone of Transformation Since ancient times, the people of Hawaii have used hot stones for both physical and spiritual healing. Using basalt stones--fine-grained, high-density volcanic rocks with an exceptional ability to store heat--hot stone massage not only dispels tensions and soothes the soul but also enhances lymph flow, removes toxins, and fortifies the immune system. The treatment causes blood vessels to dilate, leading to improved circulation and consequently improved oxygen, nutrient, antibody, and protective cell supply to the area of the body under the stones. It is extremely effective for joint problems, back pain, and sore muscles. Beyond the strictly physical benefits, the massage also stimulates the meridians and chakras, gently dissipating energetic blockages. This book provides step-by-step, fully illustrated instructions for treatments for each area of the body. The authors then include details on the specific healing powers of 54 gemstones and crystals, showing how to further enhance the benefits of hot stone massage with gemstone chakra treatment. For instance, in facial massage, working with amethyst can alleviate headaches and help heal skin blemishes. They also describe the therapeutic benefits of several base and essential oils and

recommend specific combinations for hot stone massage. The power of the stones, the warmth of the treatment, and the massage itself unite in this holistic therapy to provide deep relaxation and calm that recharges the body and soul. DAGMAR FLECK is a crystal/gem consultant, founding member of the Crystal Healing Society in Germany, and cofounder and director of the Cairn Elen Life Schools, which connect ancient natural healing techniques with modern discoveries. LIANE JOCHUM is a certified massage therapist and founder/director of Academia Balance, a school for natural cosmetics, ayurveda, and wellness in Germany. Both authors live in Germany.

Got this book along with some stones and a massage table for my wife on Valentines Day. She loves it! If you're looking to surprise your wife with something that she'll love then get some Hot Stones for a good massage! You won't regret it!

For Valentine's Day last year I made one of the downstairs bedrooms into a massage parlor exclusively for my wife. We've done several kinds of massage and the stone massage is always a favorite. I purchased stones along with this book and the stone massage became a hit.

I have read almost half of this book already and I don't regret buying it AT ALL. Very well-researched, and translated properly from the German. I would buy more books from these authors. I can walk away from this book with a wealth of knowledge and expertise perhaps lacking in some American sources. it was exactly what I ordered, fresh and new, the price was right, and it arrived on time!

great book very beautifully done

Very helpful and informative. The book is quite useful.

great book!

This is a very helpful book. There have been some books that I've read that have not done anything to really explain how to give a good massage. This is not one of those. This is one of the variety that conveys clearly what and how. There are some very nice massage oil recipes as well. I definitely recommend this one for anyone wanting to learn about hot stone massage.

Very good

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