

Hot Stone Massage

Jenny M Lindskog





*"Hold a stone....Who does it remind you of?
The eyes of a rock are thousand times better than yours or mine
Rocks have to develop that power, You can learn from most stones
Many rocks come from other worlds. Like meteor do.
With them you can see the children of the stars. Many of those
meteorites are lost and want to go home. If you comfort them,
they will show you brilliant worlds where they dare to go.
If you had eyes like a stone, you could explore the universe and both
the future and the past."*

By Agnes Whistling Elk

Introduction

Since I learned the sequence for Swedish body massage I have been inspired by the effects of massage. One of my clients, who has suffered from nervousness, anxiety and stress, told me after a massage that it was the first time in years she had experienced such relaxation and calm. Inspired by this and how my massage technique can help people feel better, I wanted to learn more about the subject and also try new techniques. The last thing I want is for my massage routine to be a habit, that's why I think it's important to renew and try different approaches all the time. The profession as a beauty therapist is about learning all the time, throughout my working career as there will be constant development. Throughout my time giving massages I have become distinctly aware of the benefits for all types of individuals regardless of sex, age, religion and occupation.

In this project about LaStone therapy also incorporated some different types of massage and their benefits on the body. Even though the benefits of most Asian originated massage is pretty much the same there are slight differences, which are important.

Jenny M Lindskog 6/10/02



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History of Massage

The word massage comes from the Arabic word mass which means to rub softly.

Cave paintings in the Pyrenees and runes in China, Tibet, India and Egypt tell us about the use of massage therapy, and these are believed to have been over 15000 years ago!

Although rooted in Eastern tradition, massage eventually travelled west to the ancient Greeks and Romans.

In the 4th century B.C , the Greek physician, Hippocrates wrote: " A physician must be experienced in many things but assuredly in rubbing [massage]....rubbing can bind a joint that is too loose



and loosen a joint that is too hard." His massage methods lasted unchanged until the Middle Ages. His traction and stretching methods are still being used today.

Galen (131-200), was the most influential physician in ancient, medieval and renaissance times and he wrote about massage in his book " De Sanitate Tuendal" . Another physician, Avicenna (980-1037) addresses massage techniques in a book called " Canon of medicine" and this book was considered to be THE medical text in Europe for centuries.

When the Roman Empire fell, however, massage, like many medical and scientific practices, became mistrusted. The Roman emperor Constantine (228-337 AD) converted to Christianity, abolished, and destroyed the baths and gymnasiums where most of the massage and physic-work took place. Little of history was recorded during these dark ages and much of what was recorded was lost. This was mainly due to the wars and religious superstitions. And also during this time people in the western world associated massages with magic, witchcraft and the work of the devil.

Eventually massage resurfaced in Europe during the Renaissance.



In the beginning of the 19th century a Swedish physician and gymnastics instructor named Per Henrik Ling (1776-1839) established the Royal Gymnastic Centre Institute in Stockholm. He travelled abroad, to China and Asia to learn more about massage. He developed the techniques of Swedish massage but he did not invent it. He compiled a system which included, long strokes, kneading and friction of the superficial layers of the muscles.

Swedish massage is rooted in an understanding of anatomy and physiology. It uses the basic manipulative techniques of effleurage, petrissage, friction, vibration and tapotement. The Classical Swedish massage which is taught and appreciated around the globe are based on this.

Modern day massage saw a renaissance that began in the 1960's when people became more aware of the need for physical and mental fitness, but also as a preventive measure to illness as the cost of health care increased.

Massage became important in promoting wellbeing and reducing stress. The psychological benefits of touch were recognised.

However, back then massage was still not taught in the medical schools. Massage as a profession began to take form in the 1970's and 1980's as private massage and beauty schools developed. The demand from the public was huge as massage began to be seen as an alternative therapy.

Today's massage therapist works with physicians, nurses and physical therapists to promote health, healing, and help manage stress.

Massage as a Holistic treatment

Holistic [h_-l's't_k] adj emphasising the organic or functional relation between parts and the whole.

Holistic is a word that we hear very often nowadays , but what does it mean and what does a holistic treatment involve?

Holism' can be defined as 'the treating of the whole person rather than just symptoms of disease'. The mental, emotional, spiritual and physical parts of a persons mind all play a key role in a persons health and well being. If one has an imbalance this will have a "knock on" effect on the other levels.

Holistic massage is the rhythmical kneading and stroking of the body's soft tissues, to relieve build up of tension, restore flexibility to muscles, and relieve pain.

Holistic massage has a very calming effect on the neuromuscular system and brings deep relaxation and restores energy.

Today it is recognised as a powerful aid to the body's own healing mechanisms and is used both as an added extra to conventional medicine and as a therapeutic tool for maintaining the body's natural balances. Many people seek massage purely for the feeling of relaxation which it creates.

The holistic approach

'In an 'holistic massage' the aim is to promote health and transformation on all levels and to balance all parts of the person. For example, physical and emotional trauma are all 'stored' or 'remembered' somewhere in the body, resulting in tension and a blockage of energy. Through massage the tensions are released and emotions and anxieties are also eased, the energies are released and the client can make progress on physical, emotional and spiritual levels.

To provide this type of treatment at it's best, an in-depth knowledge of anatomy and physiological systems is required but also, equally important is a feel for energy and balance.



How massage works on a physical level:

- Deep relaxation and stress reduction
- Relief of muscle tension, stiffness and spasm
- Improved posture, joint flexibility and range of motion
- Deeper, easier breathing
- Better circulation of blood and lymph
- Reduced blood pressure
- Relief of eye strain, sinus congestion and headaches
- Healthier, more beautiful skin
- Faster healing from surgery and injuries; reduced formation of scar tissue
- Enhanced immune function and disease prevention

How massage works on a mental and emotional level:

- Reduced mental stress, a calm mind
- Improved ability to monitor stress signals
- Increased mental clarity
- Satisfies the need for nurturing and touch
- Reduction of anxiety, depression, confusion, anger
- Enhanced body-mind awareness
- Feeling of well-being and harmony

Different types of massage



Shiatsu

Is a Japanese healing form which is similar to Chinese acupressure. Shiatsu uses the Japanese healing philosophy of ki . Ki can be described as follows, It's an invisible life force energy, somewhat equivalent to the Indian prana. Ki is in our living energy, our spirit, our soul and in everything we do, touch or breath. Without Ki no life can exists. It's the material force of the Universe, the generative forces of heaven and earth, by which all things are constantly reproduced. Ki needs to be in balance in the body, mind and spirit for a person to be completely whole.

The word Shiatsu literally means "finger pressure" and this form of acupressure is a combination of many different techniques including pressing, hooking, sweeping, shaking, rotating, grasping, vibrating, patting, plucking, lifting, pinching, rolling, brushing, and sometimes walking barefoot on the patients back, legs, and feet.

It is applied with comfortable pressure to all parts of the body with thumbs, palms, and elbows. The body is gently stretched to loosen joints and muscles. It is traditionally performed on the floor with the client and patient dressed comfortably in a kimono (Japanese robe). In Japan, Shiatsu is considered a special kind of dance between giver and receiver. A unique rapport develops between the practitioner and client because Shiatsu relies on the powerful experience of touch to awaken the client's own self-healing powers.



This "touch communication" between practitioner and client is fundamental to all healing methods. When the independence of ki is restored to a free flowing state throughout the body, it touches the physical, emotional, and spiritual sensitivity of the person, and the natural healing flow is restored. Shiatsu treatments promote good health by strengthening the body and stimulating its self-healing abilities.

A typical treatment will last between 45 minutes and an hour, but shorter treatments can also be very beneficial.

Thai Massage

Nuad Phaen Boran as it's called in Thailand or Traditional Medical Massage of Thailand is more commonly known as Thai Massage. It is one of the world's oldest healing modalities. It originated in India during Buddha's lifetime, over 2500 years ago, and was brought to this world by a saint, the "Father Doctor Shivago Komarpahj". He was around in the same age as of the Buddha and some say he was his personal physician and also physician to the King of India.

The Thai people, like many others in the orient, saw illness as an imbalance in the body/mind/spirit and they would seek help at the local temple. So therefore Thai massage was traditionally practised in Buddhist temples by monks specialising in this "manual manipulation".

Thai massage is similar to acupressure and Shiatsu combined with stretches and yoga movements. Thai Massage works on the major meridians, also called energy lines or Nadis, which run throughout the human body. It aims to harmonise the body, to loosen blocks, and to reimburse any deficiencies along the energy lines.



In contrast to traditional Chinese medicine, which uses acupuncture to manipulate the pressure points, Thai Massage stimulates these same points with healing touch. Therefore the points suffer less stress, and the life energy, (or Prana as it's called here) is allowed to freely circulate. There are six key points in Thai massage which are applied, they are Yoga, Exercise, Meditation, Reflexology, Acupressure and Healing Art.

The massage starts at the feet and gradually progresses up to the head. The client's body will be moved, loosened and stretched. Thai Massage combines techniques usually found in western physiotherapy which includes Trigger Point Treatments, neuromuscular techniques and manual massage.

Thai Massage is a floor massage. The client is fully dressed and lies on a pad or light mattress. Using a skilful system of movements the therapist is able to manipulate the client without much effort. Every movement is designed to support the client as well as the therapist. The massage is given in silence to allow the therapist to understand the client and also to give the client the opportunity to focus and learn about himself without distraction.

A massage session usually last two to three hours. Thai massage can be particularly helpful in relieving: headaches, migraines, arthritis, whiplash pain, paralysis, numbness, sciatica, back pain and other conditions.

Aromatherapy Massage

Aromatherapy is a holistic treatment that has exploded in popularity over the past 10 years. It is so popular and requested by the public that it's almost essential for a beauty therapist to be skilled in it.

Aromatherapy combines the healing and soothing touch of massage, with the therapeutic properties of essential oils. Aromatherapy has a proven effect on the mind, body and emotions and many of the oils used in Aromatherapy have a long history of therapeutic use.



Aromatherapy massage includes the use of blended essences that have been extracted from a plant. The essential oils themselves are oily, fragrant, and concentrated. They have been used therapeutically for thousands of years, and are extracted by a variety of different methods including steam, distillation and expression. The oils come from trees, roots, fruit, leaves, flowers and stems of the plants. The massage is most often used for health and beauty treatment. The oils can also be used with more pressure to be applied to muscles to relieve tension and soothe.

Aroma massage is a light and very pleasant massage, not as vigorous as Swedish body massage for example. The movements are soft and the pressure is gentle.

A full aroma body massage includes legs, back, neck and cranium, arms, hands abdomen and face. A treatment takes about one and a half hours. As with all holistic treatments, lifestyle, mental and emotional state is considered in the consultation. There are different reasons why people have aroma massage, it can be an ongoing problem such as insomnia or IBS and the client wants to try a different approach to combat the problem instead of traditional methods, or a client can come for relaxing or uplifting treatments.

The senses of essential oils have a measurable influence on the brain. Psychological studies have shown that senses is capable of adjusting a person's mood, and it is this quality that makes aromatherapy effective.

By blending an essential oil with a base massage oil, or conducting massage in an aromatic atmosphere intensifies the effect. Another advantage is because the brain reacts to small stimulus of senses therefore the oils can be used in very small doses.

A massage treatment of the face achieves a whole-body effect as the oils are dispersed directly into the system and through nervous feedback from the facial nerves to the autonomic nervous system (this will have a soothing, calming effect on the rest of the body)

Aroma oils can be massaged on to parts of the body where there is an imbalance but also used in a bath or in a vaporiser. Some of the less volatile oils stays in the body system for as long as a week.



Benefits of Massage Therapy

Massage is now seen as one of the most efficient forms of alternative medical treatments. It is one of the most effective treatments for relieving stress and tension, which is responsible for 70-80% of the diseases and illnesses of modern society.

Studies show that massage improves immune functions and lowers levels of the stress hormones cortisol and norepinephrine. It also facilitates the release of food absorption hormones like insulin. At Miami's Touch Research Institute, research has shown that massage has a positive effect on every sickness\disease studied so far, from new-borns to elderly, from asthma, diabetes and migraine to sports injuries, depression and to cancer.

The healing effects of massage are not surprising. We all know how good it feels and how it makes us feel better when someone touches us. That is because touch stimulates the brain to produce endorphins, the body's natural mood elevators and pain suppressers.

Of all senses touch is the first to develop, in embryos the skin develops from the same tissue as the brain. The skin then comes to monitor and regulate the body's relationship to its external environment and the brain monitors and regulates the body's internal environment. Studies show that a simple touch can improve the heart rate and reduce blood pressure.

Massage also improves one's psychological health. It is known that massage reduces feelings of anxiety and anger, enhances feelings of well-being and harmony, and increases mental clarity.

Hot Stone massage



Hot Stone Massage

“ For as long as the humans have existed she has used stones in her daily life. Mountain has always been broken down to be used as tools, weapons and building materials.”

To use hot stones as a medium of releasing stress and tension is not a new phenomenon. In fact it has been used for thousands of years, dating back to the ancient times. For examples the Japanese people used smooth black stones to keep their abdomen warm after a meal as it is a custom not to eat a lot at one time they used to wrap warm stones around their waist which gave them a feeling of being fuller for longer. The Japanese also used heated stones for pain and stress relief by placing them on the troubled area and simply let the pain melt away.

The Maya Indians used stones to tell the what was wrong with their patients and what to use to make them better. Female Sioux Indians used hot stones on their abdomen if they had heavy or painful periods. Another Sioux tradition was for a boy in puberty to put hard and smooth stones between his toes , this would symbolise the difference between hard and soft, man and woman - that balance in life.

In Russia, heated stones were put in the bathtub and by bathing with those stones it was believed that the energy from each stone could be soaked up.

What we call alternative therapy has been part of the worlds regime of science for thousands of years. The ancient art of stone massage is ideal for physical and spiritual healing.

How is the treatment done?

Stone Therapy, a native American healing art is the use of basalt stones found in the Arizona riverbeds. When heated, the stones are used along with massage as they generate more heat, penetrate deeper into the muscles, and are very sedating.

Chilled marble stones are used later in the treatment for balance. The alternating temperatures help create a faster healing reaction. Swedish massage strokes are incorporated into this treatment and some stones are used as massage tools directly on the body. The stones are placed on the seven chakras - the energy points of the body, to open balance and unblock hidden energies.

The LaStone Therapy

The LaStone Therapy by Mary Hannigan is working with the energy and auric fields of the body. Also taken into the treatment is the native American theory that everything living on the planet came from Mother Earth and Father sky. LaStone therapy came to Mary Hannigan in the summer of 1993, she was struggling to give massages because of a recurring shoulder injury and she felt that she needed some kind of help when she was working on trigger points on her clients. She asked her inner spirit for guidance and a voice told her to use the stones. This is how it all started, she took help from the stones in order to make the massage easier on her own shoulder. To develop the technique she once again asked her inner spirit for guidance and she had a vision. This is what she has written about the experience that led to the now world famous LaStone therapy:

“ I began to see Joe (my husband) and I on the Salt River in Arizona, a place where we both love to go. Joe was fishing and I was doing what I always do when we are outside, collecting stones. ...As I stepped out into the river to gather a few more stones, I felt a presence near by. Turning , I saw what appeared to be a Native American Indian...

He was on a large brown horse and motioned to me “ What are you doing?” No words were spoken, I just began to show with my hands the stones I was collecting, than i walked over to the fire and cooked the stones in a make believe bowl. Taking the stones off the fire, I rubbed my body with them and than handed him the stone.

He put his hand out and took the stone, looking at me and the stone, he again held out his hand and helped me up on top of the horse with him. Off we went, down the river there was so much beauty in front off us and the day seemed unending. He stopped near a large part of the river where the water was almost still. I got down and saw that every stone was perfect for my work. Stone after stone I marvelled at their beauty , carefully placing each stone on the edge of the river...I looked around for the spirit that had brought me to the place of abundance. Not a sign of him was left for me to see, but I knew in my heart that he had been with me.”

**By Mary Nelson Hannigan
From the LaStone therapy main manual.**

The treatment was originally called ‘Hot stone massage’ but this was changed early one morning

when the inner spirit once again spoke to Mary Hannigan and LaStone therapy was born. The opening procedure in the massage is called the "opening spiral pattern" which allows the client to experience a profound state of being boundless and a feeling of limitedness. The borders of the client energy field expands and this will allow the channels to be opened to any form of healing that is channelled to them. After this opening work is done the main treatment can begin.

As the stones are placed on or removed from the body, it's important to be aware of the energy that is coming from the stones. Therefore, a stone is placed or removed, when the client is exhaling. Both the client and the stone will respond more favourable to the joining and separation.

Mary Hannigan strongly encourage her followers to listen to the "inner voice" when placing the stones on someone, it's almost like the stones have a will of their own and they will tell you where on the body they want to lay.

The treatment is performed in a peaceful and calming environment where a bed of stones would have been prepared in a spinal layout pattern. The two-hour treatment would begin with a verbal grounding for the client which can be in form of a prayer or by getting the client to take a few deep breaths.

After this the clients body will be stretched completely before start, because once the stones are laid out you cannot move the person. As the journey to wellness continued, stones would be placed upon the front of the body aligned with the chakras. And it is on the chakras that the stones will work like magnets by slowly pulling all negative energy and tension from your body and also gently guide you to return to a more whole state of being.

The LaStone therapist, will at this stage further assist the journey by opening the sacred spiral of your energy body until it is fully opened and in line with the clients intention. ("the opening spiral pattern") It is done by placing the right hand on the clients Heart chakra, while holding the left hand in the air. The therapist must have clear intention to be willing to channel light and healing energies to the client through the left hand and out the right hand to the clients body.

"I am willing to be a channel of light, not a vehicle for pain" is a phrase many LaStone therapists use at this stage. Then moving in a clockwise direction to the Solar plexus, higher heart, spleen, sacral plexus, throat, root, third eye, knees, crown and feet, the above sequence is repeated.

Then it's times for the for the heated stones to work with the muscles in a full body massage. The stones, guided by the therapist's hands, will travel up the left side of the body (the receptive side), down the right side (the receiving side) which is the correct way of the energy flow. At this point the client is turned over to lay on the stomach. A large stone would then be placed under the third chakra, (solar plexus), for revitalisation and renewed strength. The massage would continue in the circular motion up the left side of the body and down the right.

During the treatment the therapist may tap the rocks together on the body. Even the most gentle of tapping will send a vibration throughout the body and bone causing what is known as the physo-electric effect.

Before the treatment ends the therapist gently works a Chinese Fluorite stone (Fluorite brings balance to any environment in which it is placed.) on both sides of the spine following the pathway of the spinal nerves, in order to clear the stress from the body and inviting the body to establish a feeling of renewal.

Every treatment is finished off with a closing spiral pattern in order to bring the chakras back to normal within the energy fields. This is done by doing the opening spiral pattern in reverse. That will be by starting with the feet and finishing with the heart. A typical energy treatment can be done in the following pattern:

- Do stretches with the client
- Remove 8 stones from the roster for the spinal layout
- Remove stones for the front chakra layout
- Do the grounding sequence
- Do the spiral opening
- Proceed with main treatment
- When finished remove the stones
- Do the spiral closing pattern
- Sit the client up
- Turn the client over and repeat on the back
- Do a spine spiral
- Remove stones
- Wash clients feet with Witch hazel
- Walk up the clients left side and hold the clients head and thank them

The stones

Stones dissipate and radiate heat at various intensities. "Stone Radiance Variable" is the measured length and rate of time in which a stone gives off heat.

Stones found along the inland rivers, near dormant volcanoes, tend to get hot very quickly, increasing the burn factor. The rate at which they give off heat is intense, accelerated and sometimes unpredictable. Basalt stones would be considered to have a low to medium radiance variable and these are most typically the stones used in spas and salons.

These stones can be classified as mineral composites, consisting mostly of granitic and metamorphic minerals. Some granites contain small amounts of magnetite, which makes them slightly more magnetic.

Magnet therapy is a highly effective way to re-align the electromagnetic field of the body, reduce pain and accelerate healing. Stones act like magnets on a subtle level, drawing out repressed emotion, deep sorrow and pain, and transforming them if the client is ready for transformation. They help re-organise the structure of the energetic human anatomy and assist in polarising imbalances within the physical body. Nearly all minerals possess some magnetic character.

Darker coloured stones tend to get hotter and stay hotter for longer periods of time. These have the most iron and the highest magnetic intensity. The greyish stones can get very hot too, but they don't get as hot as the darker ones. The differences are very slight. Be aware that using the hottest stones can also increase the potential to burn. The grey stones are very safe, predictable and easy to work with. Therefore, it is best to use a mixture of many different colours, shapes, textures and minerals.

The type of basalt stone that is used in LaStone therapy is modified igneous rock that is formed by volcanic and sedimentary action. Basalt is the most abundant of the volcanic rocks, especially plentiful in those regions that have undergone volcanic disturbances in recent time. Most present day volcanoes erupt basaltic material. There are several varieties of basalt, most contains olivine and iron magnesium silicate, some contains a mineral called olivine basalt.

Testing of these rocks has revealed that the mineral and crystal makeup is the same as that found within the muscle and bone of the human body. Perhaps this explains why these stones are able to balance the human body.

Basalt stones have gained their density by changing its composition by metamorphosis (by slowly being cooled down and crystallised).

When lava is coming out from a volcano, it cools gradually locking in the earth's magnetism in the stone that forms when the lava has cooled down. Therefore it is really the level of the ore that determines the magnetic radiance.



Marble stones

The cool stones are made of marble and come from Colorado. They are used for areas of inflammation and chronic congestion. These stones also soothe and cool the skin and refines the pores.

"Marble is a metamorphic rock that at one time was nothing more than the muck at the bottom of oceans when the oceans of the world were not where they are today. To understand this statement, one has to realise that the geology of the earth is a dynamic, cyclical being not unlike the water on earth that exists in many forms as it cycles through time. The existence of the marble stones we use in LaStone Therapy (for cold application) is a product of some very special circumstances in the rock cycle that began a long, long, long time ago, and at the same time continues to occur...

...Marble was formed on earth via the entire geologic process, holding immense periods of time and records of the evolution of life, bears intrinsic beauty in its crystals. Marble, when driven to the surface of the land and subject to the factors of erosion, becomes the sands of rivers and may someday come to rest at the bottom of the ocean, tainting the formation of limestone."

The above text about marble stones is written by Peter Halvorson, a massage therapist, for LaStone Therapy, Inc. The piece is taken from LaStone therapy's home page



Using various techniques and warm and cold stones; relaxes the body at a deeper level. Therapeutic stone massage is very effective to create harmony and a positive energy flow which gives a sense of balanced energy and peace.

The Chinese are said to have been aware of stones magnetism as early as 2600 BC so it is interesting that at this time magnetic iron needles replaced bone needles that was traditionally used in acupuncture, because it was thought that the iron's magnetism would have a closer connection with the human meridians.

It's important to have various shaped stones and each one should fit comfortably into the body contours such as a triangular sacrum stone, heart shaped stone for the heart and so on.

Also size is important, the larger the stone the more effectively it delivers heat. Some of the bigger stones can hold warmth up to 2-3 hours.

When applying a large organ stone, for the stomach, this pressure on the breathing movement causes an internal massage and a flushing action of some visceral ducts- especially at the gallbladder and liver region.

The Aura and the Chakras

In addition to our physical anatomy (the circulatory, respiratory system etc), there also exist a psychic anatomy that is normally unseen. This psychic anatomy surrounds the physical body and the main energy points is known as chakras.

The aura is described as an oval, luminous colour which beams from the physical body. It is constantly in motion, reacting to environmental inputs, shifts in thoughts, feelings and well being. The word "aura" means breeze and people who claim they can see them say they are shimmering layers of energy that move as if they blow in the wind.

The aura is composed of three layers. The etheric body which is closest to the body, it's function is to receive and transmit the life force (energy). known as Ki in Japanese. The astral body which extends half a metre from the body relates to a persons thoughts and state of mind and it is this field that is believed we sense the moods or "vibes" of other people.

Furthest away from the body is the Spiritual body (also known as the casual body). This field is the finest part of the aura and can extend from one metre to several hundred metres depending on the person.

Within the aura lays the seven main chakras. The seven chakras are the energy centres of the body.

Chakra is a Sanskrit word meaning wheel, or vortex. Those who say they can see them, say they appear as whirling circular movements that suck everything near it's centre (vortex). People who don't have the ability to see the chakra can learn to sense them with their hands. The chakras are located along the spine and they act as receivers and distributors between the physical body and the aura.

They interact with the physical body in two ways, the endocrine system and the nervous system. Each of the seven chakras is associated with one of the seven endocrine glands, and also with a group of nerves called a plexus. Each chakra can be associated with particular parts of the body and particular functions within the body controlled by that plexus or that endocrine gland associated with that chakra.



The Crown chakra is located at the top of head



The Third eye chakra is situated between the eyebrows



The throat chakra is at the centre of the base of the throat



The heart chakra lays in the centre of the chest



Solar plexus, also known as the third chakra



The sacral chakra is located below the navel



The root chakras found at the base of the spine

Chakra chart

Chakra	Root chakra	Sacral chakra	Solar plexus	Heart chakra	Throat chakra	Brow chakra	Crown chakra
Sanskrit name	Muladharai	Swadhisthan	Manipura	Anahata	Vishuddha	Ajna	Saharara
Gland	Adrenal	Gonads	Pancreas	Thymus	Thyroid	Pituitary	Pineal
Physical part and organ it controls	Legs, feet, genitals, coccyx, kidneys	Pelvis, Reproductive belly, sacrum, lumbar vertebrae	Lumbar v.b, stomach, gallbladder, liver, diaphragm, nervous system	Heart, lungs, chest breast, thoracic v.b, circulatory system	Arms, throat, mouth, voice, lungs, cervical v.b, respiratory system	Forehead, ears, nose, left eye, base of skull, medulla, nervous system	Cranium, cerebral cortex, right eye
Behaviour	Physical will to be	Vitality, movement, Sexual expression	Raw emotional energy, Desire, Personal power	Love, Compassion, Service to humanity	Self expression creativity	Intuition, intellect, clairvoyance	Transcendence, super-consciousness, Spiritual will to be

Balance between the chakras means maximum vitality and health.

If one or several chakras is damaged through physical or emotional trauma this will be seen as dysfunction in the relative areas in the body.

In the LaStone therapy treatment the four elements of the planet is used: air, water, fire and earth. By using these energy elements in the treatment it helps bring the client to physical, mental and individual balance.

The Benefits of stone bodywork

- Helps tired and tight muscles by softening the tissue with heat.
- Sedates the central nervous system when the stones are laid on the spinal column.
- Increases circulation and vitality.
- Improves the tone of visceral organs.
- Aids in elimination by stimulating peristalsis.
- Relieves sinus pressure.
- Reduces inflammatory conditions by the use of cool stones.
- Adds energy to the session since stones are living, swirling microcosms of energy.
- Grounds the body by reducing the wind (vata) element within the body.
- Increases "kinaesthetic" (the sense that detects bodily position, movement of muscle, tendons and joints) by alternating textured and smooth stones.
- Incorporates sound and vibration, i.e., clicking, tapping.
- Residue of sea salt from sea stones purifies and balances the electromagnetic field.
- Reduces cellulite dramatically when used with castor oil.
- Gently exfoliates the skin, enhancing liver function.

Conclusion

LaStone massage is something I have come across several times in my studies about massage and led by my curiosity I decided to find out more about the treatment. We all now live in the 21st century and technology is developing rapidly, emails and advanced computers are ruling our lifestyles. The world has become a smaller place to live in and by the high paced life we live, people neglect their bodies and wellbeing. Holistic treatments are more important now than ever, if we are to manage today's stressful pace.

Even though conventional medicine can help to heal our bodies and more advanced types of medicines are produced now than before, the basic premature form of touch used by our ancestors as a form of healing is still a popular way of inducing a feeling of wellbeing.

LaStone therapy goes back to our ancestors and reminds us what Mother Earth can bring to our lives both mentally and spiritually.

It also reminds us that the benefits of healing the body and bringing about balance are just as important today as they were for our ancestors.

For a therapist who wants to use nature and stones to heal others the LaStone therapy is an excellent avenue to follow. The added advantage of this treatment for a therapist is that it is the stones that do the work so the therapist healing hands can keep treating for a longer period of time. It is said that one stroke of a stone equals 10 by a hand, that's how powerful the treatment can be experienced.

I have thoroughly enjoyed researching and learning about the LaStone therapy and I have made some contacts with other therapists across the Atlantic via e-mail. I only hope that the treatment stays with us for a long period of time.

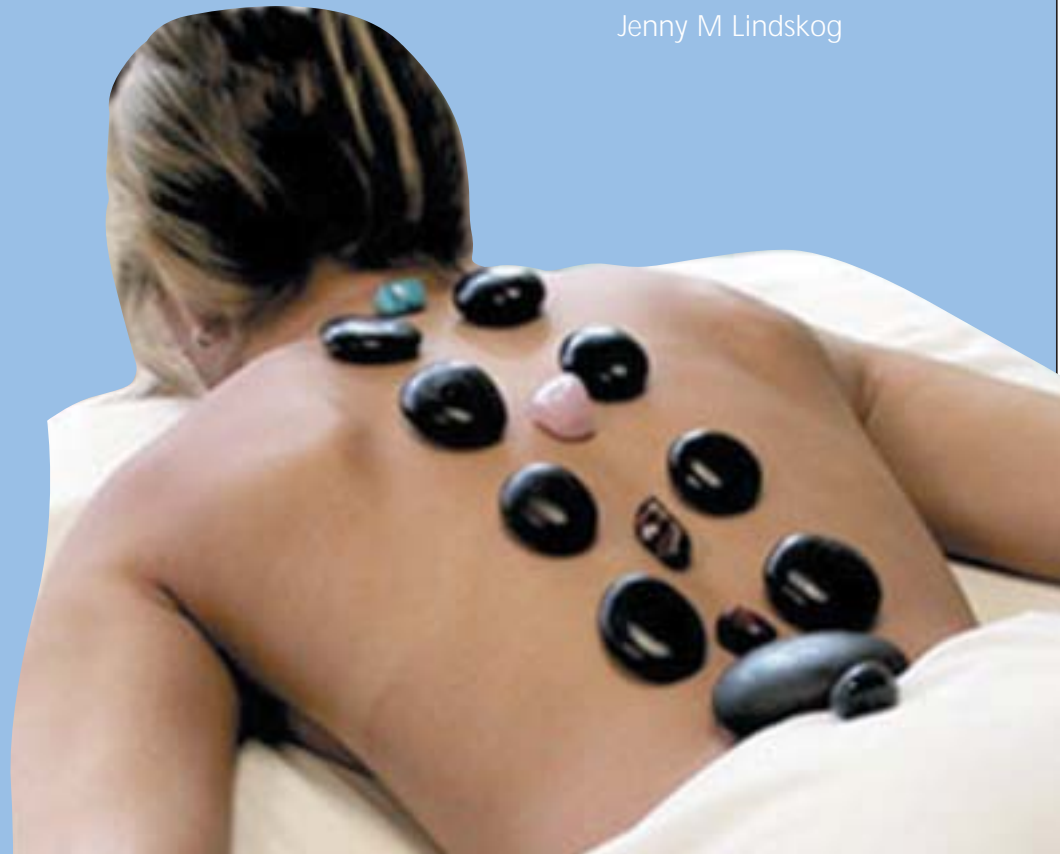
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Hot Stone Massage

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