

Using hot stones in a massage also helps to relax your mind, increase blood circulation throughout the body, relieve muscle fatigue and soreness, heal strains, release muscle spasms, relieve chronic pain, reduce mental stress and increase flexibility and mobility in your joints and muscles. This type of massage requires me to bring and use a set of 7 basalt stones, a small heated flax seed pillow and a crock pot to heat up the stones, as well as some other small accessories. **If you already have a working crock pot, I would sincerely appreciate that you let me know ahead of time, so I don't have to bring my own (it's heavy and clunky!).** In order to do this type of session, you must have a table with enough space for a crock pot, stones, a small flax seed pillow, a small water bowl, tongs, a thermometer and two hand towels (laid flat). You must also have a microwave nearby so that I can heat up the flax seed pillow (twice), as well as nearby access to running water. The table and electrical outlet (to plug in the crock pot) must be located near the area where we set up the massage table, so that I can easily walk back and forth to it in order to grab and switch out the stones while giving you the massage. When I arrive, I will first set up the crock pot and start heating the stones in it. While they heat up, I will set up everything else for the massage. Once the set up is complete, I will make sure that the stones are hot enough. Once they're hot, I'll heat up the flax seed pillow in the microwave (which takes about 2 minutes). Once that's complete, the 90-minute session will begin. **"Hot Stone Therapy" incorporates the stones into my pre-existing "Traditional Massage" routine,** which I've already explained above. Please allow some extra set up and clean up time when adding on hot stones to your massage. This massage requires a lot of communication. I will be asking you several times throughout the session if the temperature of each stone feels comfortable for you to prevent your skin from being burned. **If you are someone who tends to fall asleep during your session and/or does not like to talk during a massage, this add-on is NOT for you.** Safety first! Click [here](#) to make sure that you are not contraindicated from receiving a hot stone massage.