

Hot Stone Therapy

Physiotherapist Anika Hölting on therapies, trends and techniques



Hot Stone Therapy combines elements of massage, energy treatment, deep relaxation and spine therapy. This type of treatment has been known for thousands of years by the native cultures of America and ancient China. Now this healing practice has reached Ibiza! This very popular massage/ceremony is already on offer in many spas, wellness and health resorts in addition to massage practices.

There is probably no other treatment in massage and wellness as complete as that of the Hot Stone Massage. This combination of various techniques and ancient teachings from China and the Americas makes for absolute deep relaxation for the body and soul and brings much new energy with it.

This treatment begins with a small ceremony which helps to activate the chakras, the energy centres of the body. Strong lava stones, millenniums old, are placed on the chakras.

After this, the whole body is rubbed with an ointment of warm avocado oil. I personally prefer the Caribbean luxury product Ligne St. Barth. Then the lava and basalt stones, which should be heated to 50 or 60 degrees, glide easily over the entire body, pamper the bottoms of the feet, help energise tired legs and relax the strains of everyday life on the stomach musculature.

A special treat is to take care of tense shoulder and neck muscles, as well as the entire back.

The powerful warmth of the stones helps disperse tension in a very gentle way and contributes to intensive purifying of the muscles. Not long after a (normal) 90 minute Hot Stone Therapy one should take time to remain relaxed and drink at least 1.5 litres of lukewarm water or tea.

This type of treatment is especially appropriate for people who have to keep a high profile in their career and are searching for a feeling of release and deep relaxation. In the meantime this technique has become a favourite among those who enjoy relaxation and those who appreciate experiencing new types of massage.

Targeted massage of trouble spots with the warm stones causes a particularly deep relaxation and the release of 'stuck' muscles, which can often sit very deep.

Hot Stone Therapy is not just for the cold winter months, but also provides balance for the summer and a fabulous new experience. This is wellness in one of its most beautiful forms. **□**



Photos: Andreas Seuf