



Nature Care College

Hot Stone Massage

DESCRIPTION:

Hot Stone Massage is becoming increasingly popular in beauty clinics, luxury spas and wellness centres around the world. The application of alternating hot and cold stones, creates the deepest thermo-therapeutic healing by relaxing the muscles, decongesting the tissues and easing sore joints.

It uses smooth, oiled, natural basalt stones to rhythmically massage the body, relieving muscle pain and inducing deep relaxation. This treatment goes beyond the physical, an unforgettable and deeply relaxing experience. For the Therapist using stones instead of wrists and thumbs is a much healthier alternative and may aid the longevity of your career.

This course is aimed at student and professional massage therapists, Bodyworkers, Aromatherapists, and Beauticians. Pre-Requisite: Swedish Massage or similar.

By learning the art of Thermotherapy (hot stones) and Cryotherapy (cold stones) you can offer clients a treatment that is not only enjoyable, but highly effective for reducing stress, anxiety, pain and poor circulation and the most blissful, mind melting massage available.

We will cover:

- The history and development of Hot Stone Therapy
- Benefits of thermotherapy (hot stones) & cryotherapy (cold stones)
- Selecting and caring for the stones used in hot & cold Stone Massage treatments
- How to heat and cool the stones safely
- How to apply heat safely and efficiently for therapist and client
- Preparation of the treatment area and client for a stone massage
- Contra-indications and cautions of hot & cold stones in massage
- Cleaning the stones and equipment to a hygienic standard
- Tips on marketing and introducing the treatment to your client
- Performing an effective Hot & Cold Stone Massage treatment.

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ABOUT SARAH LI-CHIANG:



Sarah is a remedial massage therapist with a passion for bodywork and natural therapies. She has worked in a variety of clinical settings, with osteopaths, chiropractors and in wellness clinics and spas. Her focus is now very much on her private clinic in Kellyville which specialises in remedial massage and hot stone therapy. Sarah is committed to providing a nurturing, safe environment where trust is respected and a holistic, caring approach is taken to massage and natural therapies.

She believes that in today's hectic, fast-paced, busy lifestyle, massage is no longer a luxury but a *vital adjunct* to health and wellbeing.

"I am really passionate about stone therapy, as it has made me a better therapist. I can support a much broader range of people with their pain management using stones. Additionally, using stones is far less laborious on your thumbs and wrists, and will extend the longevity of your career as a remedial therapist. I can't wait to introduce you to the wonderful world of hot stone therapy!" Sarah Li-Chiang

PRE-REQUISITE: Swedish Massage (or similar)

DURATION: 16 hours (2 day workshop)

WHAT TO BRING: Please bring a notebook and pen.

AFTER THIS COURSE: You might like to consider the following related short courses:

- Warm & Cool Stone Facials
- Reflexology Techniques – An Introduction
- Reflexology 1
- Make Your Own Natural Skincare
- Acupressure, Meridians & Healing
- Baby Massage for Parents
- Head, Neck & Shoulder Massage
- Soap Making... Naturally

CPE POINTS: Members of ATMS (Australian Traditional Medicine Society) can receive Continuing Professional Education points for this course. 1 hour = 1 point with a maximum of 5 hours. Please bring your ATMS CPE form to have signed by your trainer at the end of the course.

Please be respectful of your fellow students and arrive on time for classes. Please ensure all mobile phones are turned off prior to the commencement of class.
