

HOT & COLD STONE MASSAGE THERAPY

Level 2

Learn the basic and advanced techniques of hot stone and cold stone massage therapy and become an expert of therapeutic techniques, using thermotherapy and cryotherapy. This involves the use of heated basalt stones and cold marble stones for deep levels of relaxation, which reduces stress and anxiety, therefore producing positivity, rejuvenation, pain relief, decreased muscle spasms and tension and increased joint flexibility. It provides balance and healing that boost immunity and improves better sleep of all our clients and also maintain a healthy therapist. Massage Therapist will be more confident treating sports injuries, motor vehicle accident injuries and work-related injuries with the proper use of contrast therapy for acute and chronic conditions.

The course includes:

- *The course includes:*
- *The history, development and principles of stone therapy*
- *Indications, contraindications and precautions for stone therapy*
- *Understanding the difference between hot stone massage and hot and cold stone massage*
- *Responses to hot stone massage, hot and cold stone massage and cold stone massage*
- *The hot stone massage kit, stone heater (professional), and materials needed for disinfection and sanitization for infection prevention and precautions*
- *Hot stone lay out in heater and identification of different sizes and function of each stones, proper care and cleaning of stones and heater*
- *Proper stone temperature control corresponding to the condition and concerns of each client, including age and health condition modifications*
- *Level -II Hot and Cold Stone Massage Therapy*
- *The cold stone kit (preferably marble stones), sterilization, proper care of stones*
- *Techniques in Hot and Cold Stone Massage and Lymphatic Drainage Massage – full body.*

Instructor Arnelia Cortez
Certified

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www.cortezmassage.ca/courses



Become an expert of therapeutic techniques using thermotherapy.

\$575.00 +GST

You will learn everything you need to know from our comprehensive hands-on practice for 2 days of the level II for a total of 15 hours to complete the basics to becoming a competent and confident massage therapist.

15 hours instruction

All supplies included in price

Course in a private setting

Hands on experience

Accredited Course



**CANADIAN INSTITUTE OF
MASSAGE THERAPY & REFLEXOLOGY
(CCIMTR)**