

HOT STONE MASSAGE THERAPY

Level 1

Learn the basic and advanced techniques of Hot-Stone Massage Therapy and become an expert of therapeutic techniques using thermotherapy.

This course involves the use of heated basalt stones for deep level of relaxation, which reduces stress and anxiety, therefore producing positivity, rejuvenation, pain relief, decreased muscle spasms and tension 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.

The course includes:

- *The history, development and principles of hot stone therapy*
- *Indications, contraindications and precautions for hot stone therapy*
- *Responses to hot stone massage*
- *Level-I Hot Stone Massage techniques with a review on Swedish relaxation massage and lymphatic drainage massage- full body massage technique.*
- *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 stone, 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*
- *Setting up your work area with the hot stone massage therapy.*

Instructor Arnelia Cortez

Certified

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Become an expert of therapeutic techniques using thermotherapy.

\$575.00 +GST

You will learn everything you need to know from our comprehensive courses, hands-on practice for 2 days on Level I for a total of 15 hours to complete the basic and advanced techniques

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)