

## **Just Pampered Hot Stones Back or Body Massage Pre and Post Treatment Guidance**

### **Pre Treatment**

- ✓ It is good to take a few moments to unwind before a massage so wherever possible arrive a few minutes early and take a seat in our relaxation area
- ✓ Wear some comfortable clothing, we want you to feel relaxed

### What happens during treatment?

The Hot Stones Full Body massage lasts approximately 70 minutes and includes back, neck, shoulders, waist, hips, backs of legs, feet, fronts of legs, abdomen (optional), arms and scalp. The 45 minute version includes back, neck and shoulders with scalp. We have a range of oils to suit ailments but if you have something particular in mind please speak to your therapist.

You are fully covered with a towel at all times apart from the one area being massaged. We respect your modesty at all times

We use 'placement' stones, which are applied to the body on certain areas (for example along the spine) to warm the muscles in preparation for massage. In addition to this we work with 'working' stones, which means holding the stones in our hands to massage the body.

The stones will not burn you because we test them and they have to be comfortable enough for a therapist to hold for a long period.

Hot Stones are used because one stroke with the stones provides the same warming and relaxing benefits as repeating the stroke ten times with just our hands.

Massage has many benefits which include relaxing muscle tension, relieving stress, promoting a good night sleep, promoting a feeling of well being, quietening of the mind, boosting circulation, improvement in digestive health and aiding the removal of toxins from the body.

### **Post Treatment**

- ✓ Drink plenty of water to remain hydrated and increase the benefits
- ✓ Do not rush to get off the treatment bed. We don't want you feeling lightheaded.
- ✓ Take your time, get dressed and take a seat in the relaxation area
- ✓ Drive home with the window slightly open to ensure you get enough fresh air
- ✓ Keep warm and try to relax for the rest of the day
- ✓ Avoid strenuous exercise
- ✓ Where possible, wait at least a few hours before showering so the oils can work to hydrate the skin
- ✓ Avoid alcohol and rich foods where possible, instead opting for a light meal following a massage
- ✓ You may experience erythema, which is a redness to the area due to an increase in circulation. This is completely normal and a good sign that the massage is working. Erythema usually subsides very quickly once the treatment has ended

### "I never lay down and relax at home"

If this is the case then this treatment is perfect for you. All you are asked to do is to lay back and close your eyes. The ambience is set perfectly for you to unwind. The lights are on low, the bed is warmed, the room is warm and soft music is playing in the background. You are sure to relax in this tranquil room during the massage.