

Soothing Stone Massage

Just take a moment to imagine lying comfortably upon a pattern of stones warmed up to 140 degrees. Trails of heat flowing deep within your body, along your spine, radiating through your shoulders and neck, flowing down your legs to your feet, lingering just long enough to melt the tension from each and every muscle. Now feel your hands being molded around palm-sized warmth, while the smallest of stones are slid between your toes, relaxing your feet and hands.

Around shoulders and up the neck, muscles respond to heat flowing over oil, leaving traces of warmth along your muscles. Your abdomen releases its tension as large lava stones are set gently on top of you. Gliding warmth traces the outline of major muscles, pausing at times over what used to be tight spots. And this is only the beginning of what your Hot Stone Massage feels like!

If you've never had massage before, it's impossible to describe heat gliding through oil, pausing for deep-heat penetration around the joints. If you have experienced massage before, it's never felt like this.

With today's busy lifestyle, nearly everyone has felt the impact of such effects as stress, tension and fatigue. Massage provides a healthy, natural relief of chronic tension as well as mental and physical fatigue. It provides a relaxed state of alertness, reduces mental stress, and enhances the capacity for calm thinking and creativity. Massage satisfies the human need for a caring and nurturing touch, creates a feeling of well-being, and reduces anxiety levels. It also reduces muscle pain, calms the nervous system, speeds recovery time from muscle injuries, increases circulation, and boosts energy. A Hot Stone Massage incorporated into your traditional massage session greatly enhances these relaxing and healing benefits.

This 75 minute treatment is designed to calm and refresh the body, mind and spirit.

Once seen as a luxury, massages are now seen by many as an important tool in the battle against tension and stress. So the next time you spend a few stressful days at work or at home with the kids,

don't reach for a sugary snack or climb into bed for a nap. Instead, reach for the phone and schedule yourself for a professional massage. Experience the ultimate in relaxation, combined with deep heat therapy. The perfect treatment to loosen tight muscles, relieves stress, and eases your tension and at the same time invigorates your body, soothe your mind, and lift your spirit.

CALL ECLPIZE HAIR DESIGN & DAY SPA-945-1188 FOR MORE INFORMATION.