



Hot Stone Massage: A Three Dimensional Approach (Point (Lippincott Williams & Wilkins))

Leslie Bruder

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This easy-to-follow manual will teach massage therapists how to give a safe and effective hot stone massage. The book covers every aspect of administering a hot stone massage including the many type of stones, equipment and accessories, room set up, precautions, physiological effects of heat and cold, stone placement, and a novel system for optimal stone management and flow. The book's centerpiece is a unique three-dimensional approach to hot stone massage, which involves working on both sides of the body at once, removing stones from beneath clients without their involvement, and transitioning seamlessly from one body part to another.

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