Harmony Farm.

Stone Massage Therapy

The Ultimate Experience for Body, Mind and Soul

If you have not enjoyed this one of a kind pleasure, then you owe yourself a beautiful experience of stone therapy.

Stone massage is a unique experience that corresponds with the feminine aspect of Earth, our connection to nature and the profound relationship we have with solid form, primarily our bodies. Stones are very dense in their composition and the essence of them is inert, as they appear to be at rest in the presence of nature. Therefore the use of stones in massage creates results within the client's body that are strong and enduring. In a therapeutic session, stones of various sizes, shapes and temperatures are placed on and beneath the client. The healing virtues of a stone massage are deeply penetrating, and facilitate a knowingness that brings us closer to our natural self

How Does a Stone Massage Work?

The science of utilizing stones in massage incorporates principles of warmth and coolness in applications of varying temperature degrees, which have been medically proven to be of benefit to the human body.

In a traditional hot stone massage, water heated basalt stones of contrasting sizes are applied to key points on the body. This allows for a deep relaxing expansion of the muscle tissue, and sensations of warmth and comfort to permeate through the body.

Where muscular injury and inflammation may be involved, cool marble stones are added to the experience. The contrast in thermo dynamics creates a type of volley within the circulatory system to help the body detoxify and heal. Placement of the warm stones penetrates deeply to encourage tight over stressed muscles to relax and loosen. This facilitates dilation of the blood vessels which invokes a sedative effect upon the nervous system. The cooler marble stones can be used to reduce inflammation and create a balanced and revitalized treatment. Their cooler temperatures cause the blood vessels to contract in size, thus stimulating the nervous system. This combined process of warm and cool applications ensures that the body's internal mechanisms receive increased oxygen flow and nourishment. Also, the increase of lymphatic fluid movement aids in removal of cellular waste products.

What Conditions Are Helped By a Stone Massage?

Have you ever picked up a smooth stone, admired it in your hands or skipped it happily over a pond's surface? Instinctually, you probably selected it for its texture, shape, and how it felt in the palm of your hand. In a similar way, throughout the course of time people have identified with stones for their healing and therapeutic properties. Historically, stones have been used as tools; it is no different in the world of massage today.

Our professional Licensed Massage Therapists at Harmony Farm who perform stone massage have acquired additional training regarding physiological effects, sensory connections, optimal delivery, safety and hygiene. Throughout the session our therapists are aware of stone temperatures, and evaluate constantly the application of stones to guarantee the best experience for our Harmony Farm clients.

Those who receive a stone massage may notice healthy improvements in:

- Back Pain
- Insomnia
- Fibromyalgia
- Poor Circulation
- Muscle Aches
- Arthritis

- Circulation
- MS
- Depression

You and Your Therapist

Because there are almost as many variations to stone use as there are massage, it is important that you share with your therapist information regarding your symptoms, medications and any other details relevant to your overall health so that your Stone Therapy session can be effective and deliver optimum results. Our therapists at Harmony Farm are compassionate listeners who are well trained in a variety of modalities, and can incorporate mutually supportive therapies into a wholesome session, especially designed for you.

On the Road to Wellness

Hot Stone Massage facilitates a feeling of deep relaxation and permits a release of bodily stressors, it calms while it revives, it quiets and decongests the body, it detoxifies anatomically and energetically, and leaves you feeling grounded, centered and revitalized. It is the ultimate experience for body, mind and soul. If you have never partaken of this unique indulgence, you owe yourself this exquisite experience.