

HOT STONE

Taught by Melody Bryant CMT

This is a 15 hour class

Price is \$250

The use of the smooth stones creates a natural and effective extension of your hands. The heat enhances therapeutic treatments by warming the body, relaxing the muscles, and melting away the knots. The weight from the stones has proved physical and mental comfort to soothe the soul. Hot Stone therapy is rapidly growing among spas and private practices the world over.

The class will cover

- *Which materials are required to get started*
- *The benefits and cautions*
- *About the types of stones, textures & shapes*
- *Full body sequence*
- *Stone massage techniques*
- *Advances restorative protocols*