

Home Study Hot Stone Course. (16 hours approved study)

This unique Therapeutic Polynesian Hot Stone Massage is only being taught at Central Springs School of Massage.

What you will learn

What you will learn in brief summary scroll down for more information.

- One and half hour Polynesian Hot Stone Massage
- Types, shape, and usage of a 54 Spa set of hot stones
- How to use basalt stones for deep tissue work, relaxation and remedial work.
- Placement of stones under and on body for Remedial, Therapeutic and Relaxation massage.
- How to use rocks of different sizes and shapes.
- How to adapt hot stone therapy to your style of massage.
- Tools and equipment needed.
- How to look after stones-clean and heat.
- Contraindications, work place health and safety, safe use of stones and equipment.
- What essential oils to use and how to use oils as hot compress.
- When to use cold stones will be discussed.
- The placement and use of sea shells.
- History.
- Benefits of hot stone treatment.
- Plus much more

Materials provided

- 2 hour professionally produced and directed instructional video/DVD covering Hot Stone Polynesian Massage with volcanic basalt stones, and an introduction to use of cold stones and how to incorporate sea shells and the use of essential oils.
- An extensive E- manual with theory of Hot Stones and all its applications and suggested stroke sequence.
- E-manual on using essential oils and hot stones

Basic Syllabus – Course Structure

- Answer some questions taken from the material in manual. = 4hours reading and answering questions.
- Fill in a log sessions for time watching video and practising. = 5 hours
- Do 2 full treatments of 1/1/2 hours and get clients to sign the client log session. (They can be paid or unpaid up to you)=4hours

I am available via email or phone to assist you at any stage. It needs to be completed within 2 years of receiving documentation.

Certification

- Can gain CPE points from Massage associations
- Can add as approved modality to existing insurance.
- Join IICT massage Association www.iict.com.au and get professional liability insurance.

Hot Stones Spa sets for sale \$295

Add \$ for postage and handling depending on your locality.

54 spa set of rock. Rocks are in organic state unpolished. The organic nature of rocks allows their natural electro magmatic force to penetrate the body and assist healing. Sets include placement and massage rocks of varying sizes and shapes. The set weighs between 11-15kg and come from an extinct volcano in the ocean over 8 million years old.

Contact and Support

Please ring or email if you have questions. I'm here to answer them.

kaye@kdmassagecourses.com.au ph 0407645764.

Assistance is provided by phone or email if you have questions while doing your home study course.



What makes this course stand out as a signature treatment

Having extensively studied Polynesian Healing systems Kataamasi and Illi Illi Hawaiian Hot Stone as well as Ayurveda Hot Stone enables Central Springs School of massage to offer a unique course.

Ancient cultures were fully present to the healing life force of Mother Nature. The Polynesians used the earth's richness of stones, sea crystals and plants to assist healing on a physical, emotional and spiritual level.

We use a 54 set of volcanic basalt stones to provide different placement stones for both prone and supine body positioning and for specific injury or illness.

Polynesian massage techniques use different size and shaped stones for flowing massage, remedial and deep tissue work.

To incorporate the healing properties of plants we drop essential oils along the spine and then place the hot stones. This has a profound calming influence on central nervous system helping to reduce pain and release muscle tension.

The qualities and properties of seas shells and different layout placements will be demonstrated.

Cold quartz stones and their properties will also be introduced.

Benefits of Hot Stone Massage

Hot stone massage helps aid circulation, digestion, decreases muscular spasm and pain, softens tissue, and boosts immune system and lymphatic system. The deep penetrating heat of the stones prepares the body for deeper work relieving pain and cleansing the body.

Hot Stone (or hot rock) Massage Therapy creates a profound healing that enables the body to enter a deep state of relaxation. It is more than just a massage, this treatment often promotes and accelerates emotional healing, as the whole body is finally able to “let go” allowing people to reconnect to their inner strength.

Contact

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Go to www.kdmassagecourses.com.au



