

Home Study Hot Stone Course. (30 hours approved study)

You will receive:

- 2-hour instructional video covering Hot Stone Polynesian Massage with volcanic basalt stones, and an introduction to use of cold stones and how to incorporate sea shells and feathering and rain blessing technique with essential oils
- An extensive theory E- manual to aid your learning experience.
- E-manual with assessment requirements.
- E-manual with techniques and qualities of essential oils.

To gain approved certification for 30 hours hot stone study you will need to:

1. Read manual and answer theory questions taken from the material in manual. 7 hours

2. Set up hot stones and heater into the suggested placement and massage stones beside your heater. Mix them all up and set out again. Learn your rocks. Mark with nail polish if that helps. 2hours.

3. Fill in a log session for time watching video and practicing techniques, write your achievements and challenges. 7 hours.

4. Do hot stone massage treatments and fill in practice session.

- 4 of 1/1/2 hours (one of these massage include the feathering technique after you have oiled up or use aromatherapy in massage oil)
- 2x 1hour each
- 1x2 hour hot stone massage including 30 -45 mins of using shells.
- Write up challenges and achievements in detail

Get clients to sign and comment on the client log session. (They can be paid or unpaid up to you) 15 hours this includes extra time to set up rocks get heated and then clean up afterwards and write up challenges and achievements and general observations .

4. Fill out table provided with all study sessions.

Further details:

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

At end of course you can:

- gain CPE points from Massage Associations
- get insurance for the modality.
or join IICT and get professional liability insurance as a stand-alone

Hot Stone Massage Therapy Course

Polynesian Katamasi Kata - 'Hot' Masi Massage

Having extensively studied Polynesian healing systems kataamasi and illi illi Hawaiian hot Stone as well as Ayurveda sacred 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. In this course we follow traditional ways by incorporating essential oils, shells and cool stones into our hot Stone massage when we think it is appropriate and will serve client's needs.

We also work with intention and pray and the 7 huna principles which was so important to Hawaiian shamans.

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.

This therapeutic Polynesian Hot stone massage is only being taught at Central Springs School of Massage.

Contact Kaye Dixon 0407645764 or email kaye@kdmassagecourses.com.au

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