

Home Study Hot Stone Course. (20 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 20 hours hot stone study you will need to:

1. Read manual and answer theory questions taken from the material in manual. 5 hours
2. Fill in a log sessions for time watching video and practising with your achievements and challenges. 7 hours
3. Do 5 full hot stone massage treatments and fill in practice session. 9 hours
 - 2 of 1/1/2 hours
 - 2x 1hour each
 - 1x2 hour hot stone massage including 30 -45 mins of using shells.

Get clients to sign and comment on the client log session. (They can be paid or unpaid up to you) 9 hours

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 modality.

[Click below](#) to [pay securely](#)

<https://kdmassagecourses.com.au/wp/product/homestudy-certificate-in-hot-stone-massage-therapy/> and quickly online on our shop page

Please ring or email if have more questions.

54 spa set of rocks are available for sale they weigh up to 16 kg as they are unpolished and uncut of all different sizes from large to very small placement and massage rocks. Add \$ for postage and handling depending on your locality.

Kaye Dixon

Director

Central Springs School of Massage

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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

[Click here](#) to [pay securely](#) and quickly online on our shop page

