

Running the Distance Sports Massage

HOT STONE MASSAGE

Hot stone massage is a specialty massage, where the therapist uses smooth, heated stones, either as an extension of their own hands or by placing the stones on the body while the massage therapist massage other areas of the body.

Benefit of Hot Stone Massage

The benefit of Hot Stone Massage; muscles relaxation by releasing tension and easing soreness muscles, pain relief, improve circulation, and mental benefits.

