

Hot Stone Massage Course Outline

Our Hot Stone Massage course covers the theory and practice of manual hot stone massage. The syllabus includes using hot stones for a massage treatment, as well as knowledge about how to heat, cool and store hot stones. It follows on from foundation diploma courses in holistic massage and/or sports massage.

Topics include:

- The theory of Hot & Cold Stone Massage.
- Different types of Hot & Cold stones.
- Where to place the specific stones.
- Specific Hot & Cold Stone massage routine.
- Contraindications to Hot & Cold Stone Massage.
- Use of specific stones to carry out the massage.