



4 volcanic stones

## SPECIFIC YON-KA TECHNIQUES

# HOT STONE MASSAGE

## RELAXING

### ORIGIN OF THE HOT STONE MASSAGE

Using hot stones for curative or hygiene purposes dates back to Antiquity. 4,000 years ago, in China, they were used to soothe muscles after physical effort, reduce tension and alleviate any pain. In Japan, they were used for «amma» (sit-down massage) - one of Asia's most ancient forms of massage. Stones were also used in Egypt, Africa and other ancient European cultures for therapeutic purposes (to relax muscles, soothe tensions, etc.) or to heat up saunas. In the Hawaiian islands, hot stone massages were used by traditional healers for their protective and curative virtues. In the ancient Americas, hot stones were used as tools for well-being and relaxation.

The originality of hot stone massages results from the use of volcanic black basalt stones, traditionally originating from Hawaii. As they are entirely polished and very soft, they can be associated with massage oil and used to massage the body by pressing down on key areas.

**Stones**, when used as a massage tool, become like an extension of your own hands. They help relax and provide a feeling of well-being thanks to their weight, shape, softness, heat-conducting properties and musicality.

#### BENEFITS OF A HOT STONE MASSAGE

Hot stone massages have many virtues:

- **RELAXING:** Help muscles release tension and enhance relaxation.
- **WELLNESS:** Provide a feeling of well-being and help you let go.
- **COMFORTING:** Provides a source of comfort and heat.

Hot stone massages overcome any stress and muscle tension in the blink of an eye.

#### THE HOT STONES SELECTED BY YON-KA

The stones are basalt, hand-selected in Peru. The stones are formed through volcanic activity in the Pacific Ring of Fire, making their way down the mountain through rivers into the ocean. From there they are naturally tumbled by waves over centuries, until they are finally washed up onto the beach. From there they are hand-selected on the beach for shape and smoothness.

### INSTRUCTIONS FOR USE

#### CONTRA-INDICATIONS

- Make sure there are no contra-indications to massages by asking appropriate questions.
- If the person shows any skin infections or lesions, massaging them is prohibited. Avoid hot stones on epileptic people in cases of simple eczema, remember to use neutral oil.
- Pregnant women (not before 4 months and with authorization from her doctor and watch out for posture).

#### CLEANING AND PREPARING THE STONES

- After receiving your stones and after each use, wash them in soapy water. Rinse well and dry.
- The stones can be placed in the U.V. heater

#### PRECAUTIONS AND RECOMMENDATIONS

- Test the stones' temperature on your own hands to make sure they are not too hot. Remember that heat sensitivity varies from one person to another and from one area of the body to another, so you must transfer heat manually before using the stones.
- Before positioning the hot stones or using them to massage, cool them in cold water if necessary.
- For sensitive and very fine skin: use the stones heated to body temperature, or 38°C maximum, and apply light pressure.
- For anemic or extremely tired customers: use the stones heated to 37 or 38°C maximum.
- Areas of the body having suffered from nerve damage: these areas are insensitive to heat; make sure you use the stones heated to body temperature.