



Massage And Float Therapy Clinic Unlocking The Body Is Offering A Hot Stone Massage In Puyallup, WA

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Unlocking The Body, a massage, and float therapy clinic, is offering pain relief using a hot stone massage in Puyallup, WA. The clinic also offers a wide range of other services designed to relax and rejuvenate those suffering from bodily aches and pain.

Hot Stone Massage is a form of bodywork that uses specialized basalt stones to provide heat and pressure in conjunction with a hand massage. Basalt is a strong, smooth volcanic rock that contains iron and magnesium, which allow it to absorb heat. It's ordinarily found on ocean floors and lava flows. The stones are all different sizes and weights, from large to small, with small stones used on the face and feet and larger rocks used as tools by the therapist to work muscles in different areas of the body.

Placing and kneading hot stones over muscles helps increase an area's circulation and blood flow to stimulate healing to painful or damaged muscles. The deep tissue massage and heat of the stones also aid in the ability to move toxins and waste through the body. The massage also promotes relaxation, eases stress and anxiety, as well as alleviates muscle aches and back pain. One study, published in the June 2003 issue of "Annals of Internal Medicine," reviewed evidence from past trials that showed a massage was effective for

chronic back pain.

Before the first session, the client's condition is reviewed by the practitioner. The client stays fully clothed and usually lies on a treatment table. The practitioner then evaluates the client by placing their hands on various points on the body to locate the areas of restrictions. Once the specific areas are located, the practitioner will begin working on the place of greatest restriction. During the session, the practitioner may work exclusively in this one area or move around the body as required to release and ease the competing tensions and restrictions within the body.

In a typical hot stone massage session, the massage therapist begins by applying oil to the body, which allows the hot stones to glide smoothly over the muscles. The client lies facing down, and the massage therapist uses the hot stones to massage the back. After the hot stones have relaxed the muscles, the massage therapist may put down the stones and use his or her hands to directly massage the skin. The hot stones may then be placed back onto the body and left for a short period of time. Generally, a 90-minute session is recommended to ensure a balance of deep tissue massage and a massage with basalt stones for heat benefits.

During the session, clients may feel nothing except the therapist's hands on their body, or they may feel like things are moving inside their body. They may also feel tingling, pains arising in different parts of their body that quickly disappear, heat, pulls within the body, or pulses. Following the session, some clients feel a deep sense of relaxation while others may find immediate relief from pain. Others may at times feel nothing or an increase of pain for a period of time up to 24-48 hours, after which relief from pain or discomfort improves significantly.

The stones are heated in water that is kept at 120 degrees. The stones are hot enough to be comforting and soothing to the skin, the ligaments, the muscles, organs, as well as every cell in the body. The minerals and healing properties contained in the hot stones promote exceptional energy that helps relax the body, mind, and spirit. Most people feel their muscle tension decrease and are in a relaxed state. Others may experience an increase in energy. Reduction of pain or an increase in function may occur immediately after the session or it may develop gradually over the next few days. Joints may feel less stiff due to the deep penetrating heat, and the client may have more range of motion.

Those looking to enjoy a hot stone massage in Puyallup can contact the clinic at the phone number (253) 970-8256.

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For more information about Unlocking The Body Massage Therapy, contact the company here:[Unlocking The](#)

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Unlocking The Body Massage Therapy

Established in 2008, Unlocking The Body is a Massage Therapy Clinic in Puyallup. We accept Health Insurance, Car Accidents, Work Related Injuries, as well as Private Pay for general wellness or stress relief in our day spa.

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