

## HOT OR COLD STONE MASSAGE THERAPY... IS ONE OF THE FASTEST GROWING TRENDS WITHIN THE SPA INDUSTRY.

"I believe with the hustle and bustle of the approaching holiday season you owe it to yourself to take some time out for relaxation and to nurture yourself. Here at Soul Solace I would suggest hot or cold stone massage therapy for maximum relaxation. This type of treatment is gaining in popularity. Once you have experienced the tranquility and relaxation during a session you will wish to return for further treatments on a regular basis."

"You may wonder how this form of massage therapy works. The approach is really quite simplistic. River bottom stones (Sedimentary stones) and Lava/Basalt stones are heated, to a comfortable level before being strategically placed on various pressure points on the body, at the appropriate time I begin to massage using the stones."

This type of massage treatment also helps clear the muscles of toxic waste build up from stress and offers a revitalizing experience that clears the body's energy channels, in order to promote general wellbeing. This also facilitates improved circulation and relaxation. Rigidity and stiffness tend to disappear as the heated stones followed by massage are applied directly to the body. You may notice improved sleep habits and the treatment offers other therapeutic benefits as well.

Ancient cultures and civilizations have long ago realized the advantages of using hot/cold stones as part of stone massage treatment. The hands-on approach combines both Eastern and Western types of body work. We live in an age of evolution and we have learned to utilize ancient rituals from our ancestors and to put these applications to practical use in our every day living. Of course we don't dwell or live in the past but we can certainly learn from past experiences.

This is another example of the approach toward "body-mind-soul" connection and this type of hot or cold stone massage therapy serves to assist in bringing a serene sense of balance back into your life. Many of us are searching for a sense of fulfillment and we are all wishing to feel "centered," within our lives.

"Particularly at this time of year we are all so caught up in the holiday season and pre-occupied with shopping for Christmas gifts and getting prepared for the holiday. As a result, we don't take the necessary time to look after ourselves. You can enjoy the holiday to the fullest if you take the time out to nurture yourself. Spend some time to re-vitalize and re-awaken your channels of energy, plan to book an appointment for a hot or cold stone massage therapy session as we are now offering a 15% discount on this treatment."

"Perhaps you are looking for a unique Christmas gift to give to a family member or for a friend or your company may want to give an employee appreciation gift. At Soul Solace we have a complete range of gift certificates available for our full

array of services. It's just one less gift you will have to buy, or you can purchase a gift certificate for any special occasion.”

“Remember, to be kind to yourself, book a hot or cold stone massage therapy session and you will be prepared to enter the realm of peace and tranquility, right in the midst of the busiest time of the year.”

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