



Synergy

Wellness for Mind, Body, Soul & Skin

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Open 7 Days
By Appointment Only

Health Rebates and
Workcover Accredited
(Myotherapy and
Remedial Massage Only)

Hawaiian Hot Stone Massage

90 Minutes

Hawaiian Hot Stone Massage is a healing tradition which has been with the people of Hawaii from the start of their oral history. The stones are used as an extension of their hands to massage the body directly.

This beautiful treatment is able to address the many levels of healing necessary to help restore balance in the mind, body and soul. The unique treatment combines the long rhythmic strokes of Hawaiian style massage with the gliding of hot stones on the body.

The stones we use are from New Zealand and are selected from the mouths of creeks that run into the ocean. This relationship between the flowing fresh water from the creek and the movement of the ocean gives the stones their smooth and soft contours – ideal for massage. You will love the wonderful feel and good energy of these natural-grounding tools.

NB: Hawaiian Hot Stone Massage is for relaxation purposes only. Stronger or lighter pressure can be used depending on the area of the body being treated and also the amount which can be tolerated by the client receiving the treatment. No specific Trigger Point Therapy is used during the treatment and therefore clients suffering from specific injuries would obtain more benefit from Myotherapy or Remedial Massage treatment.

