

la stone therapy massage

A complete therapy system combining established scientific knowledge with creative practice. It is the contemporary approach to thermotherapy with techniques skilfully used to 'exercise' the circulatory systems and to assist the body in self-healing.

Carefully harvested basalt stones are heated and natural marble stones are chilled to deliver a therapeutic effect that goes beyond measure. LaStone therapy produces deep relaxation and energizing responses, whilst balancing the mind, body and spirit.

Clients lie down on a warm bed of stones while heated and chilled stones create an adventure with temperature, incorporating gentle tapping of stones to reduce and disperse fibrositic nodules and tension areas.

what are the benefits of la stone therapy?

- Provides deeper levels of healing than traditional massage
- Stimulates circulation through temperature
- Body balance (homeostasis) delivered through the stones
- Strengthens the immune system
- Uplifts the mind and spirit
- Unique and original therapy



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full body assessment

This 90-minute treatment will give us an opportunity to ascertain your body's strengths and weaknesses. It is ideal for clients wanting to take responsibility for their physical wellbeing. It provides a fabulous full body massage.

Some of the responses we have received from our clients:-

"LaStone is a wonderful treatment. It was very powerful and I had the best night's sleep I have had for three years. It felt long, deep and restorative. Quite incredible!"

"After a LaStone massage, I feel pain-free and fabulous"

"It was a totally hypnotic and wonderful experience. I have never felt anything like this before – I feel totally re-connected with my calmer side"

Gift Vouchers are available and can be sent to you free of charge.

site specific conditions

This is a 45-minute intensive quick response treatment. It is ideal for old and new injuries and stubborn pain. The heated and chilled stone application controls the flow of blood, lymph, inflammation and congestion and therefore speeds up the healing response and recovery. Highly effective at reducing pain and inflammation of muscles and all general aches and pains.

back, neck, shoulder & arms

This is a 60-minute thorough and deep massage, without the pain of a regular sports treatment.



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