

LaStone Therapy: The Amazing New Form of Healing Bodywork that Will Transform Your Health

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Abstrak

LaStone therapy blends the ancient Native American art of stone massage with modern bodywork techniques. It is growing in popularity as a way of providing relief for stiff and aching muscles, improving circulation and bringing about deep relaxation and rejuvenation. This explains the principles behind LaStone therapy—what it is and what it does; details the health benefits; reveals how LaStone provides deeper, more sustained massage than conventional methods; explains the Native American traditions which underpin LaStone; provides a list of therapists and resources; explains how basalt and marble stones are heated and placed under soft towels at the body's energy points including the hands, along the back, the stomach and the forehead; reveals how cooled stones are also used to soothe inflammation and to comfort tired eyes, or are used in conjunction with heated stones as a form of thermotherapy; and outlines what you can expect from a treatment.