

## History and Benefits of Hot Stone Massage



Hot stone massage can alleviate many debilitating conditions for those suffering from fibromyalgia. Fibromyalgia is an ailment that causes chronic, widespread pain. According to a 2021 scientific study, those with fibromyalgia who got a massage from their own parents allegedly slept longer, got less trigger points, and had lower levels of substance P (a substance found in blood, fluid, and tissue that serves as a pain signal) than those with the identical condition who got a massage from massage therapists with no consent. This study came from the National Institute of Health's Pain Management Research Center of Excellence. Fibromyalgia and the massage!

The specific mechanism underlying this phenomenon is unclear. One theory is that while the body is processing pain information, it may temporarily remove control over muscle contraction. Another is that the feeling of heat from the hot stones helps alleviate the pain. However, the precise mechanisms which are at work here aren't clearly understood. There is evidence that this massage treatment can relieve medical conditions like fibromyalgia, migraine headaches, asthma, and even pain caused by menstrual cramps, stress, or anxiety. These medical conditions typically respond well to hot stone massage therapy.

The origin of the technique is unclear. No particular mechanisms have been identified for pain reduction or the relief of other ailments. Many believe that the procedure was created by injury during the early years when therapists used heated stones to treat patients of various ailments. Through the years, some believed that adding essential oils to the rocks reduced the burning effect, although this was largely unproven. As massage therapists grew more educated about the healing power of the stones, they started using them on their own and developed the theory that adding the stones to the skin may help balance out the chemicals and energetic systems within the body.

Hot stone massages can be performed on the upper back, neck, shoulders, hips, buttocks, and feet. The hot stones are applied directly to the problem area. Some therapists prefer using a brush-on program system so that the therapist can apply the stones more correctly and more thoroughly. Other spas offer their clients' hot stone massage, but also use oils, creams, and gels that relieve the problem. Hot stone spas are found in most towns and are very popular for their ease of use and comfort.

This sort of massage has been used for thousands of years as a system of healing and relaxation. The deep tissue massage causes the body to release toxins and reduces inflammation. It has also been used to treat a wide variety of conditions including cramping, sore muscles, joint and back pain, and earaches. This deep tissue technique boosts circulation and helps to break down adhesions. Many folks who receive a hot rock massage find that they feel better after the therapy than they did earlier.

Another interesting tradition of this therapy is Thai massage. This originates from Thailand and is like the Chinese acupuncture. The stones are heated in a special kind of clay before being used, and these are then blended with herbs and oils. Similar practices have been used for centuries in Thailand, although their origin isn't quite clear.

The benefits of hot stone massage therapy include relieving pain, promoting blood flow, stretching tight muscles, and loosening chronic tension. The heat makes the cells absorb nutrients more quickly and efficiently. The heat relaxes and lengthens muscles, which increases mobility and range of movement. Massage therapy can also encourage better posture by relaxing the muscles around the spine.

Aromatherapy massage therapists are well trained to know how to use hot stones safely and

efficiently. The heat of the stones may cause burns if not administered correctly, so it's important for a spa therapist to be careful when working with them. Aromatherapy spa therapists are trained in the safe use and management of hot stone massage to patients suffering from certain medical conditions. The treatment can be a fantastic alternative to conventional, painful, surgical therapies like chiropractic and massage.