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Hot Stone Massage/Therapy

This factsheet is for people who are planning to have hot stone massage, or who would like information about it.

- Stone massage is a form of massage that uses smooth, flat, heated stones, placed at key points on the body.
- Stone massage therapy has been used in many different cultures for many years.
- Placing the hot stones on cloth on the body and arranging them along the energy centres of the body can help to relax the muscles and reduce pain or discomfort.

Hot stone massage is **Not** an alternative method of tumour reduction to the conventional therapies (surgery, radiotherapy, chemotherapy, endocrines or biological therapy).

Your care will be adapted to meet your individual needs and may be different from what is described here. **Therefore, it is important that you follow your practitioner's advice.**

About Hot Stone Massage

Generally the stones used in a stone massage are basalt, which hold heat well. Stones are placed in water and heated to within a certain temperature range before use.

The stones are held in the palm of the hand and rubbed gently in circular movements over the area to be massaged, or they can be placed on a towel on an area of the body and left to allow the heat they hold in to penetrate gently.

The placing of the stones can be followed by a massage which can be deeper and more intense as heat penetrates the body and relaxes the muscles.

Hot Stone massage may help in the treatment for the following problems:

- Muscular aches
- Pains and strains
- Rheumatic and arthritic conditions
- Multiple Sclerosis
- Fibromyalgia
- Back pain
- Insomnia
- It may also help to improve circulation and reduce stress, anxiety, tension and depression

About the Procedure

During your first visit you will be given a detailed assessment. The practitioner will ask you questions about your medical history, lifestyle and health problems. She/he will also discuss the area of the body to be worked on and the level of massage to be used.

Massage will not start until you have given consent in writing. Each session will last about 50 minutes.

You can ask any questions you might have. Your practitioner will not make a medical diagnosis as she/he is not trained to do so. However, your practitioner can advise you on after care following a hot stone massage.

You may stop the therapy at any time including mid-session if you want to – simply ask the therapist to suspend the session

If you want to stop therapy after treatment – telephone the Lilac Centre and ask for Complementary Therapy Co-ordinators.

What are the risks

Hot stone massage is **Not** suitable if you have:-

- Tumour
- Wounds
- Aplastic Anaemia or any cancer that causes internal bleeding of organs
- Bruises
- Broken Skin
- Deep Vein Thrombosis
- Phlebitis
- Varicose Veins
- Cellulites
- Pre or Post surgery
- Low Platelet Count
- It cannot be offered to people who are pregnant, have diabetes or a heart condition. A doctor's written consent must be sought for other illnesses.

All our therapists are fully qualified.

If you have any concerns, complaints or compliments about the service, or if you have used the therapy for specific symptom relief please put all comments in writing and / or speak to one of the Complementary Therapy Co-ordinators who manage this service.

**If any new symptoms arise or any existing symptoms get worse
seek medical advice immediately**

This leaflet can be made available in alternative languages/formats on request.

如有需要，本传单可提供其他语言/版式

此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona w innych językach/formatkach

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