

BODYOLOGY

SCHOOL OF MASSAGE

HOT STONE MASSAGE COURSE BROCHURE 2019



"I enjoyed every minute of the hot stone massage course and would highly recommend it to any massage/physio therapist wanting to expand their treatments and give existing clients a superb remedial and relaxing method of bodywork."

Naomi, Hot Stone Massage Course, 2017



"Dror is an excellent tutor. Not only he knows a lot but he creates a relaxing atmosphere so you could experiment and be creative at your own pace- brilliant! I can't wait to begin offering the hot stone massage to my clients."

Olivia, Hot Stone Massage Course, 2015

9 BENEFITS OF JOINING THIS COURSE

- Get more clients
- Deep, holistic & remedial teaching approach
- Superb range of techniques and skills
- Learn from world-class tutors with 9.5 million YouTube views
- Rich, active and well-remembered learning experience
- Revise by watching all courses' techniques videos on our Online Course Companion
- It's holistic, therapeutic and majestic!
- 'Go deeper' made easy with those stones

FACTS

DATES 2019	2019 COURSE FEES	LOCATION	CONTACT US
9th & 10th February 2109 12th & 13th October 2019 All dates are 10AM-6PM	£240 full fee £220 if paid 14 days in advance (online Course Companion access included)	University of London, Student Central Building Malet Street, London WC1E 7HY, U.K.	EMAIL info@bodyology.org.uk PHONE +44 (0)2071007903

ABOUT

There are very few truly transformational massage courses which offer therapists a deep and wide shift in the way they treat clients. This course is one of those.

The course was developed (and taught) by Dror Steiner, Osteopath and massage therapist, who is also behind one of the best worldwide massage therapy YouTube channel viewed by 9.5 million therapists.

"For me, hot stone massage is a 'turbo massage' as it allows therapists to do so much more in one treatment. The hot stones soften stiff muscles. Even clients with complicated issues will have amazing results." Dror Steiner

Hot stone massage therapy is a win-win situation, where both you and your clients will share its benefits.

Clients love hot stone massage as it combines the therapeutic effect of a deep tissue massage with the relaxation effect of deep heat. Hot stone massage can be a lot more effective, and clients feel those extra benefits.

As a therapist, you will love hot stone therapy as it helps you to perform a deep tissue massage a lot easier. It will also add a new and creative element in your work and (according to our past students' testimonials) attract additionally paid clients.

Hot stone massage therapy will be enormously beneficial to your clients and a great asset to your practice!

ON THE COURSE

This practical course is packed with massage techniques and skills, so prepare your hands!

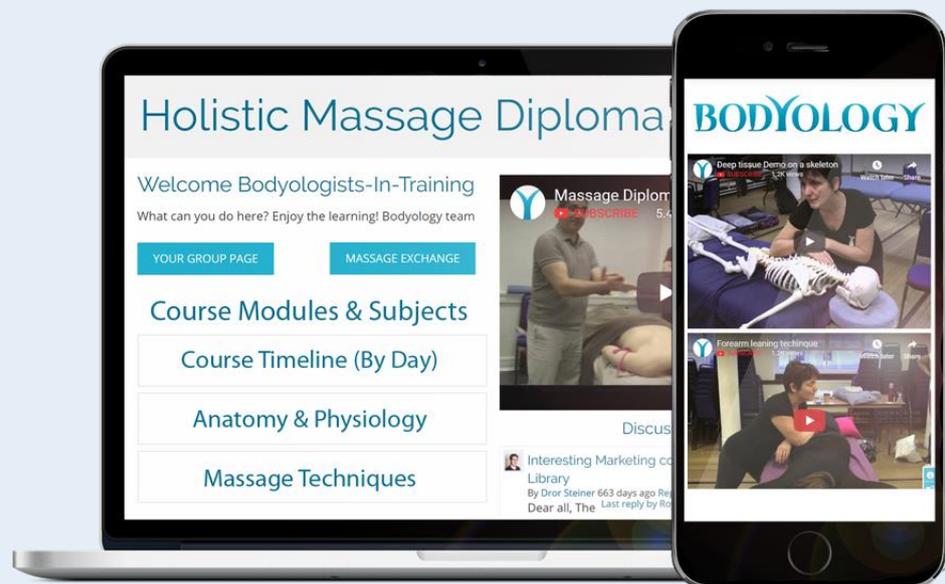
We will teach you everything you need, even how to clean your hot stones. We keep the theory to a minimum so you can practice as much as possible.

Tutors first will demonstrate certain massage techniques, then you will practice in pairs and will be supervised to improve the quality of the massage you give.

ONLINE COURSE COMPANION

Say no more to forgetting how to perform any techniques you have learnt in any massage course. At Bodyology, you will have access to our Online Course Companion, where you can:

- watch all the courses' techniques video to reinforce and refresh your learning
- download files for further learning
- download hot stone massage images to use freely on your website (we do think about everything!)



YOU WILL LEARN

- The history and various styles of hot stone massage
- Setting up and cleaning the hot stone massage station
- The effects of hot and cold temperature on the body
- Techniques and strokes used in hot stone massage including side-lying massage
- Contraindications and safety issues
- The incorporation of other techniques into hot stone therapy
- Marketing skills to help you better reach potential clients and to speed the growth of their business. We believe that refining students' marketing skills is a priority.

BUYING A HOT STONE MASSAGE SET

During the hot stone massage course, you will practice with a set of Basalt stones specially developed by Bodyology. At the end of the hot stone massage course, you can purchase a set of stones from another supplier or us. We strongly recommend that you do some research on different sets of massage stones but do not buy any before the hot stone massage course!

BODYOLOGY SET OF HOT STONES

Before practising hot stone massage, some practitioners consider the number of stones in the set as the most important feature – i.e. 'more means better'. However, as we shall see, the most important consideration is the weight of the stones.

It is the basalt in the stone which retains the heat. If you want more heat to be transferred to your client's body, you have to have more 'stones' in the stones! That means more basalt.

An average hot stone set (with up to 40-50 stones) weighs 4-5 Kg, with many small stones that retain minimal heat (and get cool faster).

Bodyology hot stones set weighs about 7-8 Kg or more! The extra weight will ensure you have more heat under your hands' to deliver a longer time to your client. More heat will also mean you need to change stones less often.

Are heavier stones too heavy to use? Certainly not! Our stones are all tested to ensure therapists' and clients' comfort.

Another important issue is the stones' surface. A very smooth and shiny stone may look great, but in reality, those stones glide on the skin resulting in a superficial massage. Bodyology hot stones originate from the volcanic mountains around the Jordan valley and have been smoothed over millions of years on their way down to the Sea of Galilee.

Bodyology hot stones are cleaned, sorted, packed and labelled based on size and function. As our clients' bodies are coming in different shapes and sizes, our stones reflect this in their varied sizes and shapes. A good working stone has angles and curves to allow the therapist access to hard to reach muscles.

IN EACH SET

- 1 Sacrum stone
- 2 Large Effleurage and 4 Small Effleurage
- 4 Neck stones
- 2 Hand placement stones
- 8 Toe stones
- 5 Facial stones
- 4 Chakra stones
- 2 Acupressure stones
- Total 32 stones

With purchasing the set, you have a lifetime warranty: any broken stone will be replaced!
Costs of set: £150

The future is in your hands

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