



## Hot Stone Massage Available at Bai Pho Thai Massage and Spa

Ideal for Winter and Available now in Greenlane, Auckland

A massage using Hot Stone has a core benefit of the heat relaxing the muscles, allowing the therapist to work the muscles without using deep pressure; this ensures a more relaxing massage with the some muscle tension benefits.

Hot Stone Massage uses heated smooth, flat stones placed at specific points on the back and in the palms of the hands. The heat warms and relaxes the muscles, which allows the therapist to apply deeper pressure, if desired. The massage therapist will also hold the stones and use them to massage certain areas of the body. The warmth of the hot stones improves circulation and calms the nervous system.

Hot stone massage is suited to people who tend to feel chilly or who have cold feet. It's also suited for people who have muscle tension but prefer a lighter massage.

People also get hot stone massage for a variety of health conditions:

Back pain and aches

Poor circulation

Osteoarthritis and arthritis pain

Stress, anxiety and tension

Insomnia

Depression

The hot stones are made of basalt, a type of rock that is rich in iron, so they retain heat. River rocks are used because they are so smooth - they have been smoothed over time by the river's current.

Hot Stone Massages at Bai Pho Thai Massage & Spa are available in 90 or 120 minute sessions.

Bai Pho Thai Massage & Spa is located at Level 1, 225 Great South Road, Greenlane, Auckland, New Zealand.

Bai Pho Thai Massage & Spa have a special on Hot Stone Massage during July 2014, more details are available at [www.baipho.co.nz/article/monthly-promotions](http://www.baipho.co.nz/article/monthly-promotions)

To learn more about Hot Stone Massage details are available at [www.baipho.co.nz/article/hot-stone](http://www.baipho.co.nz/article/hot-stone)

To learn more about Bai Pho Thai Massage & Spa, please check out [www.baipho.co.nz](http://www.baipho.co.nz).

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