

### Ancient tradition of thermal stone



7th heaven thermal stone has within its creation echoes of ancient traditions. The Native Americans used heated stones in their sweat lodges and the Hawaiian people have been using basalt lava stones since ancient times, for physical and spiritual healing and wellbeing. LaStone massage uses this ancient knowledge but adds to it another dimension of temperature through the introduction of hand carved cooled marble stones.

Aromatherapy oils are applied to your body to aid healing and to allow the basalt and marble stones to glide over your body delivering temperature and pressure as they travel. The alternating temperature of thermal stone draws on the age old tradition of 'thermo' therapy widely used in spas across the world today.

### 7th heaven thermal stone

7th heaven thermal stone uses 54 hot basalt stones and cooled marble stones to achieve a thermo-therapy massage. The physiological benefits of thermo-therapy have long been scientifically and medically proven and include:



- improved circulation
- deep detoxification
- relaxation of muscle fibres
- improved muscle tone
- boosted immunity
- accelerated tissue healing
- activated self-healing systems
- improved lymphatic flow
- reduced inflammation
- improved cellular nutrition
- increased removal of cellular waste
- increased skin tone

### **7th heaven thermal stone can help with...**

- Muscular aches and pains
- Poor circulation
- Rheumatic and arthritic conditions
- Fibromyalgia
- Back pain
- Stress, anxiety and tension
- Insomnia
- Depression
- Cellulite
- Poor immunity
- Sluggish system
- Low energy
- Headaches

The direct heat relaxes muscles, allowing a greater intensity of treatment than that of a regular massage. 7th heaven thermal stone therapy goes beyond the physical experience of typical massage, and enters a dimension of relaxation that enhances a positive 'mind-body-spirit' connection.

### **7th heaven thermal stone:**

is a massage and a deep tissue healing treatment

is a massage and a detoxification treatment

is a massage and an immune system function booster

is a massage and an energy treatment

is a massage and a sanctuary for the soul

To book one of these blissful experiences for yourself or to purchase this as a gift for a special person, contact Lynn on absolute energy. This is a popular treatment so book early to avoid disappointment.