

MY SOL TOUCH

BODYWORK



My Sol Touch – Hot Stone Bodywork Treatment

Hot stone bodywork therapy is a type of massage that combines the benefits of traditional massage with the therapeutic warmth of heated stones. Rob places smooth, heated stones –typically volcanic basalt or river stones –at specific points on the body to warm and relax muscles and stimulate energy flow. The heat allows Rob to apply deeper pressure with less discomfort and can also improve circulation and relieve muscle tension.

How it works



- **Stone placement:** Heated stones are strategically placed on areas like the spine, between the toes, or on the abdomen to provide continuous warmth.
- **Massage techniques:** Rob may use warm stones to glide over the muscles with long, smooth strokes, or he may hold the stones in his hands while performing traditional techniques such as kneading and circular movements.
- **Muscle relaxation:** The heat from the stones helps the muscles relax more quickly, allowing the therapist to work deeper without causing discomfort.

Benefits

- **Muscle tension and pain relief:** The heat penetrates deep into the muscles to help release tension, which can be particularly effective for tight or sore muscles.
- **Stress and anxiety reduction:** The combination of warmth and massage can promote relaxation, reduce stress hormones like cortisol, and encourage the release of endorphins.
- **Improved circulation:** The heat causes blood vessels to expand, which improves blood flow and delivers more oxygen and nutrients throughout the body.
- **Increased flexibility:** By relaxing stiff muscles and joints, hot stone massage can improve overall flexibility and mobility.

Add hot stone treatments to any bodywork treatment for only \$20 additional cost.

*“One of the best aspects of Rob’s work is that it’s never rote or repetitive but always specialized and intuitive. He “reads” your body and employs a variety of techniques and practices to best serve your needs. Most recently, **he added hot stones to a massage**, a first for me, and the sensation was soothing and relaxing as they warmed the area in preparation for his hands and movement. They also guided his technique as his movements were softer and flowing against my body. It was a wonderful sensation I look forward to repeating.” - Doug*

Contraindications for Hot Stone Massage

Hot stone treatments supplement the relaxation and therapeutic benefits that a client may receive from a massage service. Hot stones warm the body. The heat from the stones soothes the body as they glide across and over muscles. However, the heat from stones can also aggravate underlying health conditions, causing more pain or health consequences. It is responsibility of clients to notify a massage therapist of any of the following conditions that are considered contraindications (e.g., cause of pause, limitations, or refusal) of hot stone treatment.

Relative Contraindications

(Only light, gentle, brief hot stone treatment will be offered around identified areas if any of the following are present and are not acute)

- ☐ PTSD Traumas
- ☐ Sprains / Fractures
- ☐ Arthritic flair-ups
- ☐ Use of specific medications: blood thinners, pain, steroids
- ☐ Osteoporosis
- ☐ Low blood pressure
- ☐ Varicose veins

Absolute Contraindications

(Hot stone treatment will not be offered if any of the following are present or acute)

- ☐ Fever
- ☐ Infections
- ☐ Pregnancy
- ☐ Cancer
- ☐ Cardiovascular conditions
- ☐ Rheumatoid arthritis
- ☐ Fibromyalgia
- ☐ Contagious disease
- ☐ Blood clots
- ☐ Deep vein thrombosis
- ☐ Eczema / Psoriasis (Pervasive)
- ☐ Epilepsy

Please check any item that applies to your current health condition.

My Sol Touch Bodywork is located in Wilmington, DE, and serves clients in the Philadelphia, Delaware, and southern New Jersey area.

Services

- ☐ Thai Oil Bodywork / Swedish Massage
- ☐ Tao Bodywork / Soothing Massage
- ☐ Sports Bodywork / Massage

- ☐ Custom Massage upon request

\$20 deposit required at the time of booking. The deposit is deducted from the final fee charged upon completion of the bodywork treatment. The deposit becomes non-refundable if a cancellation is made after the deadline or if the client does not show up for the appointment.

60-Minute Bodywork Packages Available

- ☐ 10% off 3-session bodywork package
- ☐ 10% off 3-session bodywork and meditation combination (balance each bodywork experience with meditation integration)
- ☐ 15% off 6-session bodywork package
- ☐ 15% off 6-session bodywork and life coaching combination (balance each bodywork experience with life coaching support OR swap bodywork for a life coaching session)

Gift Certificates Available

Payments Accepted: Paypal Zelle Cashapp Venmo Cash

Cancellations: Please provide 24 hours' notice for appointment cancellations.