



Hot Stone with Lymphatic Detox Massage!

By Raquel Fontes, LMT #5620

What is Hot Stone with Lymphatic Detox Massage? When I do massage with hot stones, I focus on sliding the stones towards the flow of the lymphatic system. The heat penetrates deep into the muscle tissue and joints, helping them to relax even more. When the body is very relaxed, it is easy to work on the lymphatic system and stimulate the flow of toxins out and into the elimination system.

This method of massage helps the body to:

- detoxify
- improve metabolism
- enhance the immune system
- improve joint movement
- relax connective tissue
- assist elimination
- rejuvenate

Combining Hot Stone Lymphatic Massage with Energy Work helps to balance the Chinese Meridians and your body is encouraged to return to its natural state of health! The tools I use to accomplish this balancing include the Electro Acuscope and the Far Infra Red Lamp.

The Electro Acuscope works to recharge the cells of your body. The added energy enables the cells to rid themselves of toxins, and balance the energy pathways such as the Central and Peripheral Nervous System.

The Far Infra Red Lamp helps in regulating metabolism, diminishing inflammation and easing pain. It can help with headaches, backaches, muscular soreness, soft tissue injuries, arthritis, stomachaches and skin conditions.

Since the Lymphatic System is the foundation of our Immune System, assisting Lymphatic Drainage with a combination of Hot Stone, Electro Acuscope and Far Infra Red Lamp is a key in the prevention of disease and rejuvenation of the body!

Remember: When the body is relaxed, it can allow the flow of life to be easy! Please visit my website for more information: www.restorativemassageforhealing.com. *The material is intended for informational purposes only and should not be substituted for medical advice.*

Raquel Fontes has been providing healing body therapy since 1997. She started in California and moved to NM in 2003, completed her studies and became licensed. She offers Deep Lymphatic Massage, Hot Stone, Rain Drop Technique, Swedish Massage and Ear Candling.



Restorative Massage for Healing

- Deep Lymphatic Massage
- Swedish Massage
- Hot Stone Massage
- Raindrop Technique



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