

Breathe, the geothermal therapy with Stones

Breathe is a collection of 3 sets of basalt stones to use in geothermal therapy massages. The geothermal therapy with hot stones is a technique used for an integral massage that contributes to balance energy, release tension, relax muscles and reduce stress.

The **dark stones** are made of basalt. A material that comes from the very heart of the earth whose property is to retain warmth in a natural and innate way. The same material possesses a quiet energy that contributes to stimulate the circulation and to increase the cellular metabolism. In addition, its perfect 140-hour polishing gives them a pleasant touch and it is ideal to be in contact with the skin.



The **chakra stones** are the colourful stones and, according to the Hindu tradition, represent the 7 centres of the metaphysics and biophysics energy from the human body. They are nowadays related to our endocrine system and some of their components are proved to contribute to eliminate the negative energy and other metaphysical and physical impurities that remain in the human body.

The **white marble stones** are conceived for cold treatments, as they do not retain the human body warmth. These stones reduce swellings and their soft touch is very pleasant.



Breathe
Ref. WK-S013

Set of 64 basalt stones. The box contains a whole of oval and flat stones of multiple dimensions: 2 extra-large stones (sacrum and solar plexus), 14 large ones (back and thighs), 14 medium ones (hands, arms, calves, feet and nape), 7 small ones (forehead, top and back of the head), 8 toe ones, 4 deep tissue ones, 2 contour ones (for the eyes) and 6 marble stones for cold therapy. 7 chakra stones are also included.



Breathe
Ref. WK-S014

Set of 45 basalt stones. The box contains a whole of oval and flat stones of multiple dimensions: 1 extra-large stones (solar plexus), 10 large ones (back, thighs and sacrum), 14 medium ones (arms, calves, and feet), 6 small ones (forehead, top and back of the head), 8 toe ones, 2 deep tissue ones, 2 contour ones (for the eyes) and 2 marble stones for cold therapy.



Breathe
Ref. WK-S015

Set of 36 basalt stones. The box contains a whole of oval and flat stones of multiple dimensions: 8 large stones (back and thighs), 14 medium ones (arms, hands, calves, feet and neck), 6 small ones (forehead, top and back of the head) and 8 toe ones.

HOW TO HEAT THE STONES

The safest way to heat stones is to use a professional massage stone heater.

Our stone heaters are equipped with a removable tank where you can place clean towels and arrange the hot stones. The tank is filled with water while covering the stones. Then the lid should be closed in way to reach the right temperature in the shortest possible time. Temperature can be adjusted thanks to the front screen and once the stones have been used, they can be introduced again inside to make them reach the desired temperature.



Chill - WK_S011



Harmony - WK_S012

Massage with basalt stones

Stones must be heated with professional stone heaters around 45°C.

In the meantime, prepare a bowl with cold water and some towels. Make sure with the patient that the temperature is safe for his/her comfort.

Take into account that the different sizes of the stones have different resistances to heat, so the temperature may differ according to the size of each stone. Test the temperature of the stones on your hands or fingers before using them on the patient's skin.

Before massage:

Start the treatment with the patient lying face down or face up, according to the body area to be treated. Rub the oil massage in your hands to heat it before applying it on the patient's skin. Massage the area to be treated gently.

How must the mini-stones be used for the pressure points

Use pressure point stones to massage the head, back, and hip; neck, arms, and legs. shoulders, abdomen and chest, the four extremities and feet, as can be seen in the images below.



How to use chakra stones?

Chakra uses healing stones to balance and harmonise the energy of the patient.

Place the amethyst on the forehead, the transparent stone on the ophrion, the rose near the throat, the green on the chest, the tiger eye stone in the belly, the agate in the lower abdominal part and the hoelite near the coccyx.



How to warm the neck

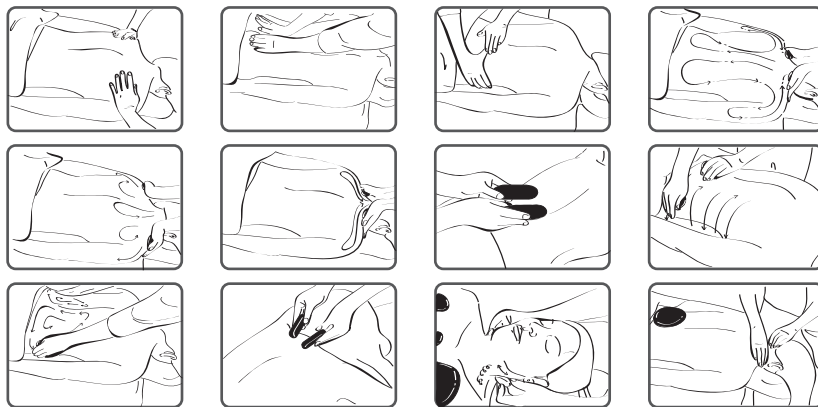
Heat an extra-large stone to place under the patient's neck when lying on the back. It is recommended to heat it around 43°C.



Massage with basalt stones

Massage on the back

1. It is recommended to combine traditional massage with the use of **large and medium stones**.
2. Use the stones to massage the patient's neck, back and hip according to the following images. You can also use the mini-stones for the pressure points to work the **acupuncture points** of the urinary bladder canal and other acupuncture points on both sides of the spine.
3. To achieve a full effect, the massage should last for at least **30 minutes**.



Massage on thighs and calves

1. It is recommended to combine traditional massage with the use of **large stones for thighs** and **large for the calves**.
2. You can also use mini stones for pressure points to work **acupuncture points** to get a better result.
3. Use the stones to massage the hips, thighs, knees, calves and ankles of the body according to the following images.



Massage with basalt stones

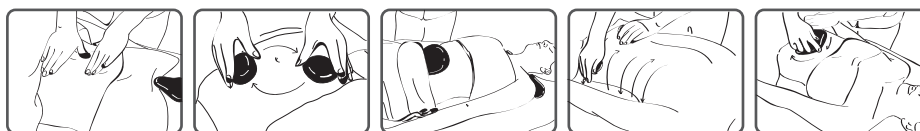
Massage on the arms

1. It is recommended to combine traditional massage with the use of **large and medium stones**.
2. As it can be seen in the images below, use the stones to massage shoulders, arms and hands.
3. You can also use mini-stones for pressure points to work **acupuncture points**.



Belly massage

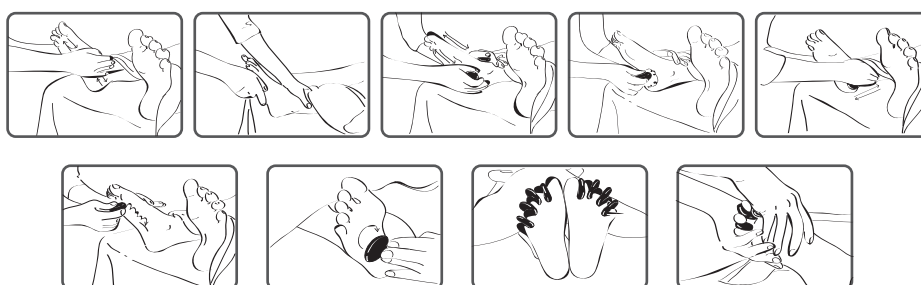
1. It is recommended to combine traditional massage with the use of **large and medium stones**. You can also use one of the **extra-large stones to heat the area, around 43°C**.
2. . As you can see in the pictures below, use the stones to massage the belly and lower abdomen.
3. You can also use mini-stones for pressure points to work **acupuncture points**.



Massage with basalt stones

Foot massage

1. It is recommended to combine the traditional massage with the use of **medium and small stones** for the toes.
2. You can also use one of the medium stones to massage the arch of the foot, ankles and sole of the feet.
3. You will get a better effect if you use the mini-stones for the pressure points to work the **acupuncture points**.



Head massage

1. It is recommended to combine the traditional massage with the use of the **small and medium stones** indicated for facial massage.
2. Use the indicated stones to massage the forehead, temples, crown of the head, rhombencephalon, shoulders and the neck as shown in the images below.
3. You will get a better effect if you use the mini-stones for the pressure points to work the **acupuncture points**.



Massage with basalt stones

Face massage

1. Avoid eye contact with massage oil. Press acupuncture points around the eyes to release the meridians. Lightly rub temples and massage cheeks, ears and skull.
2. It is recommended to combine the traditional massage with the use of the small stones to place them on the head, forehead, cheeks and temples.
3. You will get a better effect if you use the mini-stones for the pressure points to work the acupuncture points.



Massage on face and head with white marble stones

In order to reactivate and refresh the body's functions of the patient, you can use cold marble stones to press on the temples, face, neck, hands, chest and soles of the feet before completing therapy with massage stones.

Use the marble stones at room temperature, it is not necessary to cool them, their own material will maintain the optimum temperature for cold treatment.

Remember that it is better to avoid contact with the cold marble with the patient's joints, which could worsen cases of arthritis or rheumatism.

1. Place the stones on the patient's forehead and leave them in this position for a while. Slightly move the stones with your fingertips and move them towards the temples, face and chin.
2. Press lightly with the white stones on the neck, brain and on the head crown as shown above.
3. Gently rub the hands and arch of the foot with the medium white stones.
4. Place a large white stone on the patient's chest to regain the usual breathing rhythm. It is recommended to use the small stones to work the neck, the hands and the soles of the feet, but you can also combine them with medians as well.

