

Hot Stone Massage



In this 20 hour course participants will learn the procedures and benefits of integrating warm stones into a therapeutic massage. Students will actively learn through demonstration, giving/receiving strokes providing immediate feedback to ensure true learning of this deeply relaxing therapy. The use of stones in your practice not only allows you to add to your list of services to build clientele, it also helps to preserve your hands and extend the life of your career. Students will know:

- Healing Properties of Stones and benefits of Thermal Therapy
- Specific techniques and hot stone strokes
- Principles of how heat effects the body
- Contraindications and safety for both you and your client
- Care cleansing and storage of stones
- How to integrate CBD oil into Hot Stone sessions
- How to upgrade Spa bookings



2023 Class: May 6-20, Jun 3 (Mon) 5-9:15 pm

Clinic: Jun 10 (Mon) or Jun 18 (Tue) 5-8:15 pm

Reg Fee: \$40 • **Tuition:** \$400 • **Supplies:** Variable cost

Students required to purchase their own kits of 8-10 stones; highly recommended to purchase crockpot or towel warmer; list of items needed is being provided to enrollees; contact office for further details.



Laura Luongo, CAMTC # 80504 Professional Bodyworker since 2018,
Hot Stone Massage, Clinic Supervisor

Laura is a graduate of SBBTI's Holistic Health Practitioner Program. She began her career as a Celebrity Photojournalist, and currently works at the Ritz Carlton Bacara as a senior massage therapist. She also conducts a private practice in Hot Stone Massage, Craniosacral Therapy, Swedish Massage and Deep Tissue. In her free time she frequently massages her own pets and can be found on a local beach doing her Fine Art Photography.

Approval to operate by CA BPPE since 1985 #19282 as in compliance with CA state standards. School code #4201111. Approved for training for Veterans and eligible persons by the CA State Approving Agency for Veterans #2-5-1333-05. Approved by the CAMTC only as a part of our 550 hour program requirement #SCH 0020. Accepted by CA Vocational Rehabilitation.

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