



RELAX WITH LA STONE ...

LaStone therapy is a type of therapy which deals with the application of thermotherapy - using heated stones alternating with extremely cold stones for deep, penetrating bodywork. The alternation of temperature is seen to aid clients in the healing process and allows individuals to bring about balance and well-being.

LaStone Therapy takes massage to different levels in bodywork therapy. The heat from the stones provide a warm, nurturing massage. The stones enable the therapist to work at deeper levels than is possible with just hands.

Philip Collins, who has been based at The Celestine Natural Health Clinic since January 2003, has been studying massage and stone therapy. He lives and breathes his work and has established himself a reputation and network in the community that has encouraged people to increase their knowledge about this particular type of treatment and how it can help people even though all individuals have different lifestyles.

People in today's society are highly stressed and can be completely unaware of any underlying problems that they may be suffering from and the treatments that are available to them.

Philip, who conducts Touchstone Therapy, is the only professional, based at The Celestine Natural Health Clinic who conducts this type of treatment for individuals who feel that they are

suffering from pain or discomfort from a past or current injury. Used as an alternative, in pain therapy, it has been known to alleviate certain disorders - I can completely relate to this after suffering from back pain and received relief after one session and this coming after years of discomfort.



Several people describe LaStone as being nurturing and relaxing and it has been known to be the deepest type of treatment that individuals have experienced on a physical level, which involves working the muscles to bring the individual to full flexibility and remove pain derived from a constant state of stress. It also means deep as in deep relaxation to a level that individuals have never experienced, at least not rapidly. Within moments of starting the treatment, individuals start to relax in a way that one has never done before. Some people say that a sense of equilibrium has been achieved after treatment, others say its a feeling you cannot quite describe.

The stones used in LaStone therapy act like lots of little hot-water bottles and have been known to send individuals to sleep due to their calming effect. At first, especially when introduced to the treatment, the stones melt the muscles to promote the feeling of deep relaxation. This feeling is combined with deep-tissue manipulation that is less painful than normal massage therapy as the muscles have been thoroughly warmed. This therapy is completely carried out by the temperature of the stones, not the therapist.

LaStone is an all-round treatment catered towards individuals looking for stress release, relaxation and balancing or those needing a type of workout on their body to move away from injury and total fitness.

If you too, feel that you may be able to benefit from this type of treatment, or would like more information as to how this treatment can help you, please contact Philip Collins, who is a member of the International Council of Health, Sports & Fitness Therapists. He can be contacted on 07815 849486 (daytime) or on 01622 710797 (evenings).

**Touchstone Therapy is based at
The Celestine Clinic, Leybourne Way,
Larkfield. For more information,
please visit their website:
www.touchstonetherapy.co.uk**