



*Hahana Stone massage is a holistic treatment which uses both physical and metaphysical energies to balance the mind, body and spirit. It connects the client (as well as the therapist) back to the primal forces of the Earth.*

*We can see this connection by following the birth of the stones through to the methods and procedures that we use.*

*The basalt stones we use are internationally sourced and were originally molten lava. By reenergizing these stones with heat, we put some of that primordial **Fire** back into them.*

*Literally born of the **Earth**, through volcanoes, basalt is high in iron and magnesium – **Metal**, which allows it to hold heat for much longer periods than other types of stone.*

***Water** is not only the medium through which the stones have been shaped and are heated, but is also represented in the way our movements flow during this unique form of Hot stone Massage.*

*We highly recommend this treatment for both relaxation and Therapeutic benefits.*