

### **SPA Hot Rocks - instructions**

The SPA Hot Rocks therapy is to massage hot and cold stones.

#### **Indications:**

- muscle aches and strains
- problems with blood circulation
- rheumatic and arthritic
- nerve pain
- backaches
- stress, anxiety, tension
- insomnia
- depression

#### **How to use:**

1. Place the stones in a pan of hot water and bring water to boil.
  2. Carefully pour the water from the dish and lay off the stones on a towel.
  3. Dry the stones with the towel.
  4. Check the temperature of the stones by carefully touching each of them.
  5. When the stones will be warm (but do not scald), put them on the body (back, arms, hands or feet).
- ❖ To make the stones cold put them into a fridge or in a bowl of cold water.

**Note! Do not put stones in the microwave.**

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