



# Bethune Oriental Medicine Center

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## Main Clinic

3220 – 99 St. (Parsons Rd.)

Edmonton, Alberta T6N 1M2

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www.bethune68.com

## Sub-Clinic

White court: call (780) 461-6668

Lloydminster: call (780) 461-6668

Lac La Biche: Louise (780) 623-7041

## Business Hours

- Mon - Fri 9 AM- 7 PM
- Sat - Sun 10 AM-4 PM



You can take Bus 70, drop off at 32 Ave.

## Stone Energy Massage

A deep tissue healing art along your energy flow

### Indulge yourself in a hot stone energy massage experience...

- Originally from the ancient world, hot stone massage has been introduced to modern spas for many years. Today, hot stone massage is not just a muscle soothing, stress releasing massage but a healing treatment combined with warmth and relaxation.
- Bethune Oriental Medicine Center combines spa luxury and Traditional Chinese Medicine acupuncture & meridian concepts. Now you can experience the soothing, therapeutic stone energy massage.

### What is Stone Energy Massage?

Stone massage is a unique connection you experience with nature and earth, offering a sense of profoundness and comfort that we often forget.

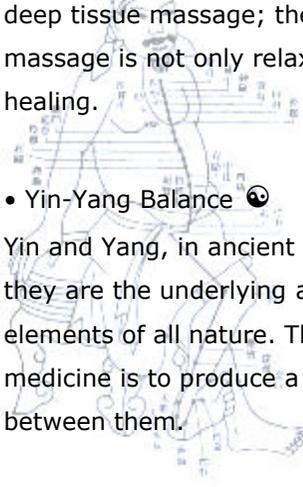
It is also a deep healing and unique experience that enhances our awareness and brings us closer to our true essence!



- The Stone:  
The smooth basalt stone, which is rich in iron, can retain heat for a longer time. They are usually black or grey in color and range in sizes. Before the treatment, they are heated in water to about 50~60 degree Celsius. Essential massage oil is applied with the stone in order to smooth the sensation of the stone on the skin.

- The techniques:  
The massage technique used in the stone energy massage is based on Chinese Tui Na deep tissue massage; therefore, the massage is not only relaxing but also healing.

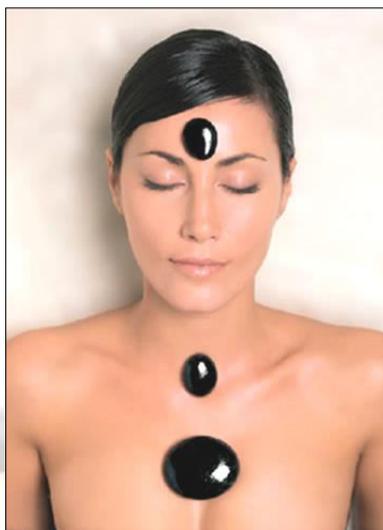
- Yin-Yang Balance ☺  
Yin and Yang, in ancient Chinese thought, they are the underlying and controlling elements of all nature. The aim of Chinese medicine is to produce a proper balance between them.





### Stone Massage on Shoulder/ Back

The heat of the stone helps to release the muscle and fascia tension quickly. In addition, the therapist will evaluate the individual's condition through Chinese Medicine Diagnosis and choose the corresponding meridians, channels or collaterals. Qi ( energy ) flow, or acupuncture points are combined with techniques of Chinese Tui Na massage and Gua-Sa together with hot stones to enhance the treatment.



**Facial:** small, warm stones are used on the face to release facial muscle tension and promote energy and blood circulation to the face. Gentle stimulate of acupuncture points on your face, will also help to calm your mind; therefore, your face will glow from the inside out.

**Foot Reflexology** with hot stone massage: releases the tension of wearing beautiful high heels by placing smooth, warm stones between your toes. The warm stones can also stimulates and open the channels which run along the feet and serve as a great release for plantar faciatis and sour soles. The process of healing will begin through their soles by bringing the energies of Mother Earth up though the feet.

## Benefits of Stone Energy Massage

- ❖ Activates channels and collaterals
- ❖ Restores the balance of Yin-Yang
- ❖ Reduces muscular stress, tension
- ❖ Stimulates the circulatory system
- ❖ Improves blood circulation
- ❖ Relieves pain
- ❖ Calms nervous system
- ❖ Releases toxins
- ❖ Promotes self-healing
- ❖ Boosts the metabolism and energy
- ❖ Improves joint flexibility
- ❖ Decreases stress, anxiety, depression
- ❖ Promotes overall well-being

### Health conditions

- ❖ Muscular ache and pain (tightness)
- ❖ Pain on neck, back, shoulder
- ❖ Circulatory problems
- ❖ Plantar faciatis, foot pain
- ❖ Cold hands and feet (decline Yang)
- ❖ Stress, anxiety, depression
- ❖ Insomnia, low energy
- ❖ Fibromyogia, chronic pain
- ❖ Menstrual pain
- ❖ Osteoarthritis and arthritic pain

### Precautions:

People with skin disease, rash, or open wounds; please ask your doctor about the stone massage if you are pregnant or having high blood pressure, and heart disease.