

# Extasis Experience



## The History of Hot Stone Therapy

While stone massage therapy, be it hot or cold, has only surfaced in recent years as a popular form of massage, its roots can be traced back to ancient civilizations.

There are three main cultures that not only influenced the origins of stone massage therapy, but also influenced how this form of therapy has evolved in modern day. **Hawaiians**, the **Native Americans**, and **Chinese** all have histories of stone massage therapy in their culture.

One of the first ever formally documented uses of stones for healing and massage was found in the writings of Chinese medical practitioners. These ancient doctors used stones to treat disease. The effects of the healing powers of these stones were enhanced with various herbs that were rubbed on them.

Native Americans have used hot stones as part of a hot stone massage treatment in their ancient sweat lodge ceremonies.

Some of the first saunas can be traced back to the Native Americans, who firmly believed that the use of these heated stones was beneficial to everyone. It was common for Native Americans to treat lower abdominal cramping with heated stones placed on the affected area.

While the Chinese and Native Americans used stones to treat ailments and promote better health, most would agree that it was the Hawaiians that played the most major role in promoting stone massage therapy as we know it today.

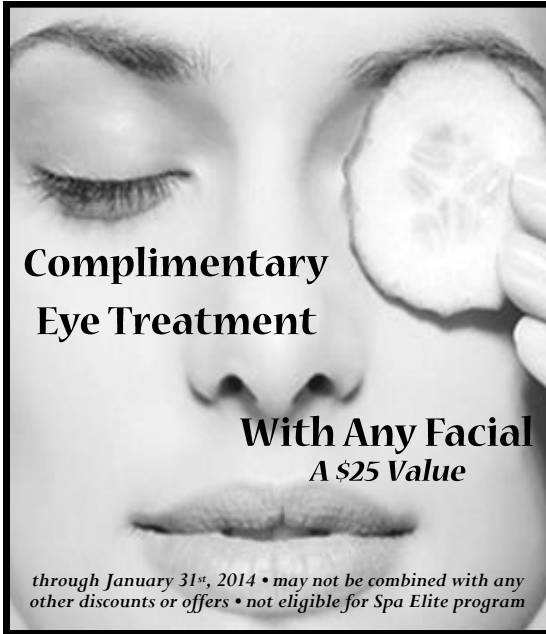
**Hahana Stone Massage**, developed by the Hawaiians, is perhaps the earliest form of actual stone massage therapy. This form of therapy utilized hot stones wrapped in 'ti-leaves', a special type of leaf with therapeutic properties. These stones were then placed directly on sore muscles and were meant to help relieve inflammation and pain. The use of these stones was similar to how one might use a heating pack.

If a practitioner wanted to ensure that the healing properties of these leaf-wrapped stones were more fully absorbed, hot stones were then placed in shallow pits and covered with these same leaves. The patient would then lie on top of the leaves, allowing the healing properties to infuse into the body.

There are many benefits of hot stone massage. The pressure applied, combined with the heat of the stones, causes a deeper relaxation of the muscles, which may help relieve constant muscle pain and have positive mental health benefits by alleviating the stresses of the day. The heat given off by the stones helps support increased blood circulation throughout the muscles and organs.

The practice that began over 2000 years ago has been refined for today's use. Warm up this winter with a hot basalt stone massage.

**Take \$25 Off Your 90 Minute Hot Stone Massage During January.**



**Complimentary Eye Treatment**

**With Any Facial**  
*A \$25 Value*

through January 31<sup>st</sup>, 2014 • may not be combined with any other discounts or offers • not eligible for Spa Elite program



**Mani / Pedi Special**

*Free Shape-Up Manicure with any Spa Pedicure*  
*(a \$20 value)*  
*For only \$65*

through January 31<sup>st</sup>, 2014 • may not be combined with any other discounts or offers • not eligible for Spa Elite program



**Pale as snow? Miss that sunny glow?**

**\$5 Off Sunless Spray Tanning**  
*Only \$25*

Regularly \$30—Through January 31, 2014  
May not be combined with any other offers.

**Extend your sun-kissed glow with our Del Sol Spray Tan Extender**

WEBSITE VIDEO



**Hot Stone Massage Special**

*Experience the deep relaxation of a 90-Minute Basalt Hot Stone Massage*

**Warm and wonderful!**  
**SAVE \$25.00**

*On sale for \$100 through January*

through January 31<sup>st</sup>, 2014 • may not be combined with any other discounts or offers • not eligible for Spa Elite program

## Let It Snow...

### Winter-Time

Robert Louis Stevenson, 1885

Late lies the wintry sun a-bed,  
A frosty, fiery sleepy-head;  
Blinks but an hour or two; and then,  
A blood-red orange, sets again.

Before the stars have left the skies,  
At morning in the dark I rise;  
And shivering in my nakedness,  
By the cold candle, bathe and dress.

Close by the jolly fire I sit  
To warm my frozen bones a bit;  
Or with a reindeer-sled, explore  
The colder countries round the door.

When to go out, my nurse doth wrap  
Me in my comforter and cap;  
The cold wind burns my face, and blows  
Its frosty pepper up my nose.

Black are my steps on silver sod;  
Thick blows my frosty breath abroad;  
And tree and house, and hill and lake,  
Are frosted like a wedding-cake.

### Babe the Blue Ox

Minnesota Tall Tales retold by S. E. Schlosser

Well now, one winter it was so cold that all the geese flew backward and all the fish moved south and even the snow turned blue. Late at night, it got so frigid that all spoken words froze solid afore they could be heard. People had to wait until sunup to find out what folks were talking about the night before.

Paul Bunyan went out walking in the woods one day during that Winter of the Blue Snow. He was knee-deep in blue snow when he heard a funny sound between a bleat and a snort. Looking down, he saw a teeny-tiny baby blue ox jest a hopping about in the snow and snorting with rage on account of he was too short to see over the drifts.

Paul Bunyan laughed when he saw the spunky little critter and took the little blue mite home with him. He warmed the little ox up by the fire and the little fellow fluffed up and dried out, but he remained as blue as the snow that had stained him in the first place. So Paul named him Babe the Blue Ox.

## Fight Winter Frizz: The Brazilian Blowout

Dry, damaged, frizzy, coarse and curly hair is a typical problem that many women face. In the quest of getting silky and straighter hair, they try many products on their hair, that actually worsen the existing condition of their hair.

Those of you who experiment with various hair care products for curly, wavy or unmanageable hair should know about the Brazilian Blowout treatment. Also known as Brazilian keratin hair treatment, or BKT, this is one of the safest and most effective hair straightening treatments.

Through the use of a proprietary based Keratin formulation, the Brazilian Blowout actually improves the condition of the hair by creating a protective protein layer around the hair shaft to eliminate frizz and smooth the cuticle. The end result is smooth, healthy, effortlessly manageable, conditioned hair with radiant shine.

Brazilian blowout infuses keratin into the hair strands with help of a specific method. This infusion results in straighter, smoother and stronger hair. During the process, your hair is first washed with a clarifying

shampoo, in order to get rid of depositions of oil, dirt, shampoo or conditioner. Then the hair is dried thoroughly with a hair dryer.

Once the hair is completely dried, it is divided into several small sections that are then coated with the special Brazilian keratin hair treatment solution. Once the application of keratin solution is done, hair is dried again for about 10 to 15 minutes. Lastly, the dried hair is straightened with help of a flat iron.

Results last up to 12 weeks with proper maintenance and the required aftercare products.

