

Beauty / PART II



Stone therapy

■ By Nicola Roberts

A few companies in Europe and the USA are offering a form of stone therapy, one of these companies is La Stone which is based in the UK and the treatment was inspired by the use of hot stones to relieve the symptoms of a shoulder injury and cold stones to reduce swelling.

The company uses a number of stones which are placed on certain areas, for example the toes, and used in deep tissue massage. Their theory is that with the heat of the stones blood will be drawn into the tissue and muscle and cool stones push the blood away to aid relaxation and healing. Also many of the companies claim that the client receives 10 normal massage strokes with one stroke of a hot stone!

On-site massage

This is based on a traditional form of massage used in Japan called Anma, which literally means press and rub, a technique passed through the generations, which is now more commonly known as Shiatsu. Usually this type of massage is given on the floor but a new style has been adapted whereby clients can be placed in specifically designed chairs which help and support tired, tense muscles. Again with this treatment the client remains clothed and massage oils or creams are not used. The treatment can take as little as 20 minutes to perform and it is becoming more and more popular with stressed out office workers who enjoy the

massage in their lunch hours or coffee breaks. Unlike many other forms of massage the individual will feel refreshed and ready for life's next challenge, rather than too relaxed to do anything.

Lymphatic drainage massage

In the 1930s Dr Emil Vodder and his wife Estrid developed the concept of lymphatic drainage massage. They realised that when working in the south of France that many of their English clients whilst suffering from colds also had swollen glands in their neck. Vodder developed a highly effective way of treating the lymphatic system to such a high standard that by using this technique even medical conditions such as lymphodema can be helped. His massage system helps boost the functions of the lymphatic system, improving the circulation of the lymph, which in turn helps with fluid drainage from the cells, waste elimination and a general boost to the system. It is quite different from many forms of massage as it involves the use of small, light pumping movements which are constantly performed in the direction of the heart. Non medical conditions can also be helped with lymphatic drainage massage such as acne, fluid retention, swelling, cellulite and tiredness.

Massage is an ideal treatment for everybody, of all shapes and sizes. Always ensure that the practice you

decide to go to has fully qualified staff who make you feel relaxed, explain the treatment and answer any questions that you may have regarding the particular type of massage.

Nicola Roberts is the owner of Bellissima Hair and Beauty in Los Gigantes, Playa San Juan and San Eugenio Alto. For information or appointments please call 922 867 343, 697 902 361 or 922 719 355.

San Eugenio Alto:

- **Mondays** - free wash and blow dry or gents cut with any massage, facial or colour treatment
- **Wednesdays**: all of these treatments €5 each; brow shape, lash tint, brow tint, underarm wax, bikini wax, upper lip or chin wax. Also half price spray tanning.

Playa San Juan:

- **Fridays** - 25 per cent off all facials
- **Saturdays** - half price massage

Los Gigantes:

- **Tuesdays and Fridays**: half price Spa Aromatique body treatment (slimming, detoxing, relaxing)
- **Thursdays**: half price spray tanning.

In all bellissima Hair, Health and Beauty salons:

- With every new year special, receive a free Mavala nail polish worth €6.60.
- Manicure, file and polish on toes, eyelash tint and eyebrow shape (90 minutes) €49.

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