

The Official Lastone Therapy Manual

THE OFFICIAL
LaStoneTherapy™
MANUAL



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LaStone therapy is the application of geo-thermotherapy, using deep penetrating heated stones and alternating with chilled stones to bring about chemical release within the body's systems. La Stone works on every level, body, mind and spirit to

create perfect balance. The Official La Stone Therapy Manual explains in clear and simple terms the steps and knowledge required to become a La Stone therapist. Designed as an accompaniment to your La Stone studies, it is also an excellent way to find out every detail about this amazing therapy. Read about; the history of La Stone - how this unique treatment came to be; the origins, types and harvesting of the La Stone stones; the techniques for the application of both hot and cold temperatures; the energy work incorporated into the treatment; actual treatments and sequences; advice and recommendations for specific conditions

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