

谈热石疗法

矿石，植物，动物和人类是大自然孕育的瑰丽珍宝。而唯一恒古不变的
就是那带着泥土的芬芳走来，集天地之灵气，万物之精华，或粗犷豪
放，或柔美温润，或朴实无华，或清丽脱俗的天然矿石。

将温热的能量热石抹上精油，置于身体各个能量中心，在舒缓的音乐和自然的
香气中放松舒缓，进入自然的睡眠状态，开启身体的能量源。随后配合按摩师灵活
的十指按摩及手腕柔软的律动，让每一颗具有轻柔触感的热石释放能量，安抚神经
系统，放松肌肉，彻底净化身心。

SpaChina杂志邀请了四位水疗专家来和读者们分享他们的热石智慧。

五行，能量和热石

Amanda Teng

融现代美容养生理念于古代矿石按摩术。热石疗法结合能量热石、香薰精油和特殊按摩手法，能有效缓解最深层的身体疲劳，放松神经，转换能量，畅通体内被阻塞的气流，促进和谐与净化功能。

中国的翡翠和玉石也是美容至宝。在专业者指导和使用下，会有助于驻颜美容，吸附体内有害元素。传统热石疗法在人体七个能量中心放置热石并持续1.5小时，能量中心分别为：神经根(红)，下腹(橙)，腹腔神经丛(黄)，心脏(绿)，喉咙(蓝)，天眼(靛青)和头顶(紫罗兰)。最后以象征金、木、水、火、土五行的五色翡翠(白，绿，黑，红，黄)置于面部以达到阴阳平衡。用被精油浸泡过的热石和五色翡翠轻柔的按摩身体，能滋润肌肤，并舒缓、松弛紧绷的神经和肌肉。

由于文化的影响，大多数客人会选择自己国家传统的按摩方法。就好像中国人喜欢中式推拿，泰国人喜欢泰式按摩，日本人喜欢指压那样。事实上不同的按摩能针对不同的身体部位而产生特殊功效。热石疗法以其将热能传达于肌体深处，进而舒缓疲劳，平衡神经系统，促进排毒的特殊功效而区别于其他传统疗法。在冬季享受温热、镇静的热石按摩尤其适合。如今，各类热石按摩占据了美容中心按摩种类的30%。不同国家的人在尝试了热石按摩后，都情不自禁的爱上了这种新型疗法。

对女性的好处：注入能量，平衡情绪，缓解压力，加速排毒，增强免疫。

对男性的好处：传递能量，缓解压力，深层排毒，增强免疫，恢复疲劳。

热石和精油的共同作用

Annie Fung

自上世纪80年代起，欧美等国家开始兴起新时代疗法，包括个人的精神成长、整体论医学、水晶疗法等，也有整脊疗法)、针灸疗法、草本疗法及许多的自然疗法等。在回归自然的思想趋势中，冷热石疗法/波利尼西亚石头推拿术，首先从美国的西南部被开始重视。目前冷热石疗法是欧美等国的水疗和度假地的必备疗程。

按摩手法也从最初的瑞典式按摩不断变化，介于每个国家的客人喜好不同，也有配合本地常用按摩手法来组合的新式热石疗法。但其中的必要元素“按摩油”是绝对不可缺的。如果按摩选择精油，那么精

油的配合要根据客人的生理及心理需要作出调配。

热石疗法是整合了热疗、按摩、香薰心理学及能量疗法于一身的综合性疗法。热疗利用热源作媒介，接触身体表面直接转递至身体内部，增加血液循环，改善缺氧情况，活化细胞内外物质交换，使代谢正常，同时透过冷、热，刺激神经传导，转移或舒缓疼痛感觉。理疗师必需拥有丰富的正统按摩疗法经验，再配合约40-60小时训练，如用精油，亦必需有香熏的一定知识。以下是常用精油和起作用之举例：

释放日常生活压力，令身心灵得到完全放松：依兰依兰，快乐鼠尾草，柠檬

燃点活力，增加您的个人魅力：
橘子，依兰依兰，茉莉

振奋身心，令疲倦身躯和精神再展活力
能量：尤加利，胡椒薄荷，迷迭香，柠檬

提升免疫功能，增强抵抗力，应付每天繁忙的工作：乳香，茶树，香橙，迷迭香，柠檬，尤加利

舒缓紧张情绪，洗去一整天的辛劳：熏衣草，马郁兰，广藿香，天竺葵，甘菊

大小各异的能量热石

Victor Rinaldi

印尼和泰国带动了水疗业在全球的风靡，成为现代人身、心、灵净化和能量补给的世外桃源。取传统美容养生理念，融现代高新按摩技术的热石疗法提倡回归自然，利用自然能量净化身心，促进美丽，已跃然成为风靡于五星级水疗中心的必备疗法之一。

热石疗法一般先以温水加热矿石，以精油滋润热石，置于身体特定部位与之进行能量和能量转换，再藉由按摩师手以深层肌肉按摩手法滑过肌肤，使原本紧绷酸痛的筋骨肌肉放松下来，通过能量的温热传送，从而强化血液循环，缓解肌肉酸痛，对抗身体疲劳。它同其他按摩疗法一样适合定期进行，建议为每周一次，每次持续时间为一个半小时，以使热石能量被身体所充分吸收。酒店标准的热石按摩价格约为800元人民币(服务费另计)/次。

在专业的水疗中心，热石按摩应使用不同形状及功能的玄武岩搭配专门的加热器进行。在加热过程中要严格控制水温，在恒温下加热岩石以防止温度过高灼伤皮肤。以下是部分热石按摩疗法：

胃部热石按摩：选取热石疗法中的大型能量石，置于胃部，利用能量石的热度

和重量产生的压力，让热石吸收的精油成分随热量深入皮肤直达胃部，减轻胃部胀痛，并驱散背部骶椎的疲劳和酸痛。

颈部热石按摩：在舒适的按摩床上平躺，以不规则形状的能量石置于颈部下方。

手足趾热石按摩：选择小型能量石，置于手指和脚趾中间，通过刺激其中敏感的神经以达到平衡、畅通整个神经系统。

热石疗法之禁忌

Johnny Chang

选取含有大量人体所需的微量元素及矿物质的天然玄武岩为能量石进行热石按摩，可以排除身体多余毒素，消除肌肉酸痛，放松筋骨，释放压力。

矿石是地壳的基本组成部分，种类繁多，形成条件和环境也各异。其中，玄武岩是由火山喷发出的岩浆冷却后凝固而成的一种致密状或泡沫状结构的岩石，经长期的风吹雨打或海水冲刷后形成光滑的鹅卵石状。玄武岩因其质地致密光滑，材质温润，保温度佳，又有均匀的毛细孔可以吸收精油，成为疗法中能量转换的最佳选择。常见的玄武岩多为黑色、黑褐或暗绿色，涂抹精油后呈黑色。

我所了解的热石按摩最早起源于中国、西藏和印第安部落。而由美国夏威夷引进的天然火山石按摩已成为被各大水疗场所备受推崇的最新疗法。但是，也一定要遵循注意事项和禁忌，不然适得其反。

注意事项：

热石的温度可渗透进肌体表层4厘米以下，因此需注意以下几点：

- 保持热石温度在50° C - 60° C之间(华氏120° - 140°)。
 - 时刻用温度计测量水温。
 - 遵照顾客的要求调整温度。
 - 按摩过程中，身体局部可能由于充血而产生红斑，属正常现象，不是灼伤
- 进行前，要请客人填写身体状况调查表。在受者过度疲劳和紧张的情况下，红斑可能会持续到按摩结束后几个小时。

热石按摩禁忌：

有以下症状，禁止进行热石按摩

- 精神系统紊乱者
- 怀孕妇女
- 皮肤嫩薄，易烫伤者
- 服用会因温度变动而产生副作用的药物者
- 心脏疾病，超重或肥胖者
- 静脉曲张者
- 免疫力较弱者

The Natural Mineral Power of Stones

Of all Nature's wonders, minerals have the slowest vibratory levels, linking them in the minds of many to stability and relaxation. Hot stones play an important role in some treatments, where they are placed on precise points but are also used in massage. This induces deep relaxation and invites sleep. The power of the stones can bring about a unique type of total relaxation. Proper placement of the stones allows the therapist to calm a person and send them into a light, floating, hypnotic trance. Four of SpaChina's spa experts share their hot stone knowledge with our readers.



邓秋兰投身水疗行业10多年,作为外滩茂悦大酒店的源SPA的管理人
员,主要负责水疗中心概念构造的设计与业务目标的规划。

Amanda Teng Joined the Spa Industry for more than 10 years and been very blessed to be part of the opening team for Clarins Singapore, St Gregory Therapeutic Spa, the first Garden Spa in Singapore - Spa Botanica, Evian Spa - First out of France and Yuan Spa at Hyatt On The Bund in Shanghai as a managerial role.

Five Elements, Energy and Hot Stones

By Amanda Teng

Hot Stone treatment is an “alternative therapy” and has been a part of the Eastern world’s culture for thousand of years. The ancient healing art of stone massage helps with physical and spiritual balancing. I personally prefer hot stone massage as it works in harmony with other massage techniques and relaxes the body at its deepest level. Hot stone massage is very effective in creating harmony and a positive energy flow.

Average about 1.5 hours treatment and place the stones at the chakra points (traditionally there are 7 Chakras). Slow, deep massage movements using hot stones, jade stones and signature massage oils creates an energizing and inspiring experience.

Many guests expect massage to involve deep

pressure and concentration on the neck and shoulders. Most Chinese guests prefer to have Chinese acupressure. We advise them on the various treatments that can provide different therapeutic needs. Hot stone treatment can offer deeper relaxation, increased relief for stressed muscles and improved detoxification especially during the cold weather.

Benefits for woman: Stones are placed on the chakras and assist in conducting peaceful energy, balancing the body and emotions, nurturing and protecting against negativity, removing blockages and detoxifying.

Benefits for men: The stones transmit energy, dissolve stress, remove blockages, neutralize negative energies, stimulate and detoxify.



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Annie Fung teaches an ITEC diploma course in nutrition and diet theory at The Frederique Academy, and owns More Than Skin Urban Spa in Hong Kong.

The Combination of Stones and Essential Oils

By Annie Fung

A new age therapy has emerged in Europe and North America since the 1980s, including spiritual growth, holistic therapy, crystal healing, spinal therapy, homoeopathy, acupuncture, herbal therapy, and massage therapy. Hot/cold stone therapy, first used by people in the southwest of North America, has become a key treatment in many destination spas and resorts.

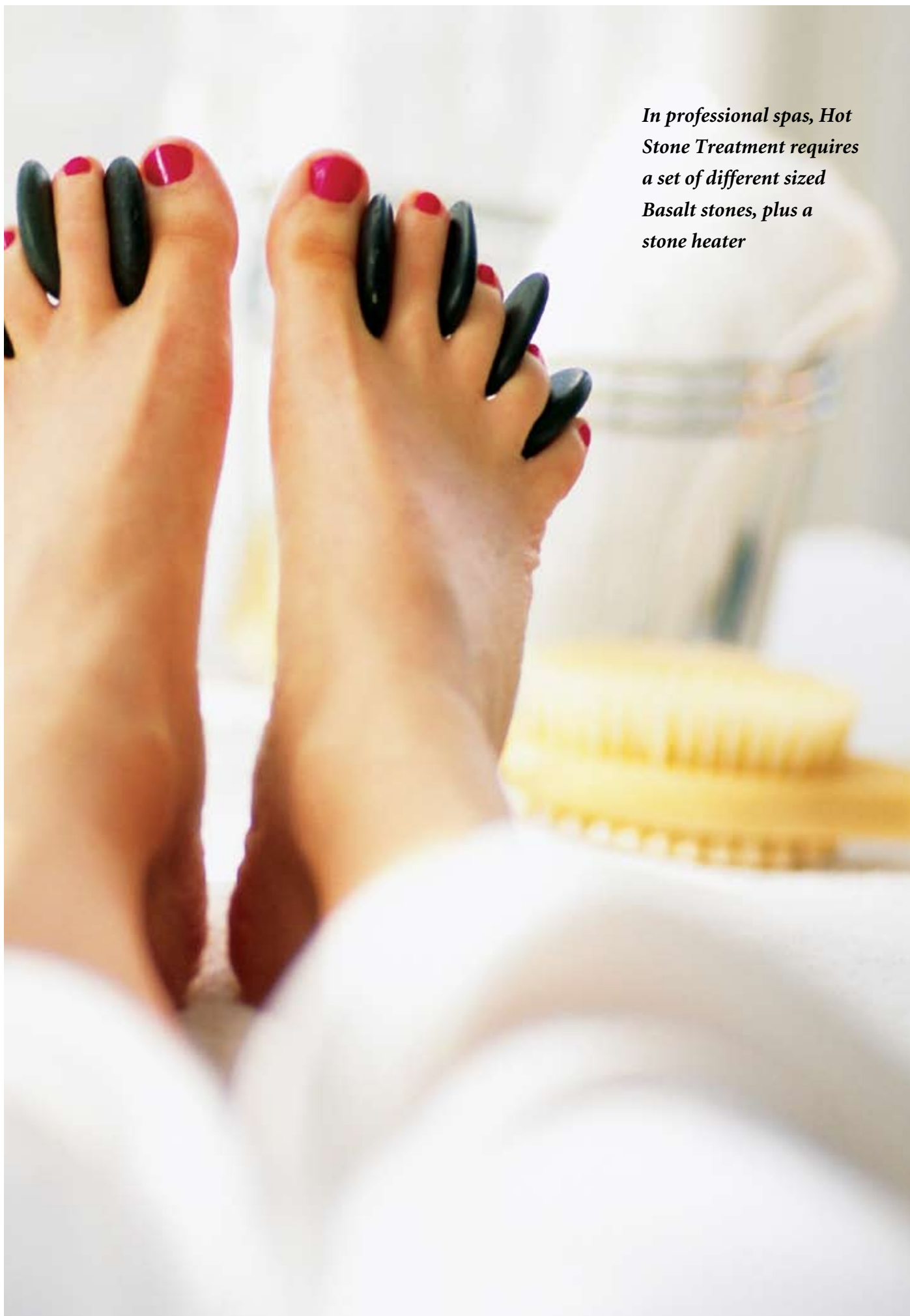
Hot/Cold stone therapy boasts natural and effective attributes, very suited to the health concepts of the 21st century. Generally it can be used in conjunction with Swedish massage, so it is often much more popular in Western countries than in China.

Hot stone therapy should be comprehensive, encompassing hot therapy, massage, aromachology and energy therapy. It utilize heat

sources as a medium, and the transfer of heat energy directly into internal parts of the body through skin contact so as to accelerate blood circulation and improve oxygen deficiency. Hot stone therapy also plays a role in normalizing metabolism through activating substance exchange inside and outside cells and transferring or relieving pain by means of stimulating nerve conduction. Therapists must possess rich traditional massage experience, and receive 40 to 60 hours of training.

For stress relief: Ylang Ylang, Clary Sage, Lemon. **For Life Enlightenment:** Mandarin, Ylang Ylang, Jasmine. **To Boost Energy:** Eucalyptus, Peppermint, Rosemary, Lemon. **Immunity Boost:** Frankincense, Tea Tree, Orange, Rosemary, Lemon, Eucalyptus. **Total Relaxation:** Lavender, Marjoram, Patchouli, Geranium, Chamomile.

In professional spas, Hot Stone Treatment requires a set of different sized Basalt stones, plus a stone heater





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Johnny Chang graduated from the Academy of Scientific Beauty in Sydney, Australia and has been part of the professional spa business for more than 15 years. He has worked with top hotel spas as a

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The Size, Position and Effect of Hot Stones

By Victor Rinaldi

As the Asian spa industry grew out of Indonesia and Thailand bringing local traditions with it, Hot Stone Treatment has become a popular standard, echoing these Asian traditions. This treatment has now entered the spa market in China through 5-star spas. Hot Stone Treatment is very popular amongst guests with stressed and tense muscles, and poor circulation of the body. It allows the therapist to apply heat to specific areas of the body, which in turn encourages an increase in blood flow, helping to increase the release of toxins from the muscles. This treatment is very effective at releasing stress and tension from muscles throughout the entire body. Hot Stone Massage can be performed as regularly as the guest would like, the same as any other regular massage. Once a week would be a very welcome addition to any person's schedule. It usually lasts 90 minutes, to allow the guest to fully feel the effects of the warm stones on the body. Expect to pay upwards of 800rmb + service charge for this treatment.

In professional spas, Hot Stone Treatment requires a set of different sized Basalt stones, plus a stone heater. The stones should be heated in water, under controlled and regular temperatures to ensure consistency of temperature. This is important as the stones need to achieve a certain temperature to be effective, and of course should not be over heated to a temperature that may be uncomfortable to the guest. Here list some example stones with different size and place position.

Sacral / Stomach Stone: This is the largest of the stones used in the treatment, used to release tension in the sacral area of the back, where much stress can be stored. When placed on the stomach, the warmth and weight of the stone

is grounding and helps to relieve cramps in the stomach area.

Neck Stone: A specially shaped stone that is placed underneath the neck when the guest is lying on their back.

Finger and Toe Stones: These small stones are placed between the fingers and toes. These areas of the body have a high sensitivity of nerves, and are very effective in calming the nervous system

Precautions and Contra-indications for Hot Stone Therapy

By Johnny Chang

The stones themselves are made of minerals and have their origins in different environments. They come from the depths of the Earth and often emerge from powerful volcanic lava flows. Water action in the course of time makes them rounded and smooth.

Hot stone treatment usually uses Basalt, which is a rock that originates from volcanic eruptions and has the capacity to retain heat for much longer than other stones. Basalt stones are very dense and smooth because they have been eroded by water. Their natural colour varies from grey to black and some are a more greenish colour due to their rich olivine content. When in contact with massage oil, the stones become black. For hundreds of years, basalt stones have been used in massage for their decongesting effects on muscular and nervous tension, and for their ability to eliminate toxins. They are used with prolonged application either to decongest an area or a specific point, or as a massage tool.

They have been used by the Chinese, Tibetans and especially the Amer-indian shamans. In Hawaii, volcanic stones are used in therapeutic and soothing rituals. One of the best stone treatments is from Thalgo (France). The name

is Mer & Sens, and is a combination using hot volcanic stones and cold marine stones. It is a method that is both original and effective. www.thalgo.com

Precautions:

The heat from the stones can penetrate as far as 4 cm into muscle layers. So it is imperative that you take a certain number of precautions:

- The stones must be used at a temperature of between 50° and 60° C maximum (or 120 and 140° Fahrenheit).
- Always use the thermometer to check the water temperature.
- Pay attention and listen to what your client says as each person has a different level of sensitivity to heat.

• During massage, localised areas of redness may appear. This is due to a considerable inrush of blood in a congested area. This is a normal reaction, not a burn. In cases of considerable nervous tension, hyperaemia may persist for a few hours after the treatment.

Never carry out treatments without having first filled in your Beauty and Wellness Profile (client confidential sheet).

Contra-indications to the hot stone massage:

- In all cases where massage is contra-indicated.
- Anyone with neurological disorders (loss of sensitivity, cut nerves, neuropathy...)
- Pregnancy
- Extremely fragile skin which could be damaged by humidity or heat.
- Anyone taking medical treatment in which temperature variations could cause undesirable effects.
- Heart problems, over weight or obesity.
- Varicose veins.
- Poor immune system.

Crystal Energy, Far from Crystal-Clear



探索未知能量

There are people who swear that crystals “work” and heal, clearing negative energy and reinforcing qi. But scientists can’t locate that healing energy. Feng shui master Boon Yap says the power may come from the healers themselves



Master Boon MSc. MBA, The Building Whisperer, is a Feng Shui Master of note.

Master Boon grew up steeped in the ancient wisdom of Chinese Philosophy, where the traditions and practices of Feng Shui, Taoism, Confucianism, Buddhism and Wushu were part of everyday life. In this environment Feng Shui became part of her, because she saw the benefits it brought.

Her early calling was to science, becoming a leading

researcher in blood plasma science and subsequently a corporate leader introducing life-saving technologies from the West to Asia and ANZ. Now she is fulfilling her vision to enrich people's lives by spreading Chinese wisdom reinterpreted for our modern times.

Feng Shui for Enriching Lives.

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宝石的神秘感源于它们晶莹剔透而又千变万化的形状。水晶是一种高纯度的石英矿石，分子结构以高密度紧凑的排列着，它所需的形成条件极为苛刻，地质年龄动辄以百万年为基数计算。这种结构使水晶能够长期、稳定地吸收来自天地间的能量，从而拥有超凡脱俗，魅力四射的魔力，吸引着许多人相信它蕴藏着治愈疾病和超越自然的能力。

常规科学目前还不能界定那些治疗师们所运用的神秘水晶力量是否真实存在，然而已经证实了某些水晶的确在电场力的作用下高频振动，产生了“压电效应”。(PIEZO在希腊语中有“挤压”的意思)。大多数常见的压电晶体都是石英，即我们所熟悉的水晶。这项发现已广泛用于手表、收音机和接收器中。不过这种现象只有在一些特定的晶体在遇到某种特殊的环境时才会产生，例如，当电气石受力时，由于形变而导致正负电荷中心不再重合，其表面的两端就会产生压电效应。绝大部分的水晶携带者是不可能感受到这种“压电效应”的。

那这样是否就意味着水晶的神秘治愈能量仅仅是自我安慰呢？难道只是我们一相情愿的幻想着它们的神秘力量？超越自然的治愈功效也只是简单的心理作用？事实上，自古以来，一些医师和宗教大师都用水晶来治疗病人和冥想。并且这种方法并没有被历史的洪流所淹没，单从这点上来看，水晶的能量说肯定有其真实的内在价值。那就是为什么即使是那些受过高等教育的社会名流们也把佩带水晶当作是保健和精神上的寄托，并利用它们的灵性来加强自己的能力，实现自己的目标。

在探讨水晶的疗效时，水晶能量的依赖者们交流了水晶帮助他们消除各种负面力量的影响，从而使全身感到精力充沛的经历，证实了其具有安神，释放身心的作用。而治疗师们也同样表示，通过临床实验发现水晶具有补气补血的生命能量，它能够吸收和驱除负面能量所带来的危害，让病人容光焕发。目前这两个医疗功效已被大家所认可和接受。

因此，我在做传统的风水观像时就需要借助水晶的神秘能量，并与之融合。再者，水晶是天地孕育的自然产物，它们的自然特性和纯净度又是所有地质矿物中最出色的，这使我感应气场变化时的感觉更为强烈，从而更鲜明准确地设定风水布局中的方位和朝向。

各类成分不同、颜色各异的矿物都为水晶的形成输送能量。例如：传感水晶（又称梅林水晶），它有着六个形状相同，大小相似的切面，顶部光滑的表面向中心一点靠拢，散发着异常强大的灵气。紫水晶则处处散发着紫色所独有的神秘感，其不凡之处被誉为“静之石”，象征着平静与均衡。

然而，我仍然相信单靠水晶石本身很难完全发挥其灵性，只有同时配合主人的意志，才会挖掘出水晶潜在的神奇力量。

不管你是否完全相信水晶能够带给你能量，但是当你欣赏这些矿物王国中的奇葩时，却很难不为大自然的完美杰作而感叹不已。

The “mystical” qualities of stones refer to their crystalline forms. Crystals are minerals that form extremely slowly, and thus hold the energy of the eons in their highly structured arrangement of atoms and molecules. That is why, beyond crystals’ ethereal beauty and glamour, they are believed by many people to hold powers of healing and spiritual ascension.

Conventional science has not been able to directly identify the healing energy that crystal healers claim to direct. Conventional science does, however, recognize the piezoelectric effect (“piezo” from the Greek word “to push”) in which certain crystals under pressure have vibrational energy. The most common piezoelectric crystal is quartz and is widely used in watches, radios, and receivers. But this effect can only be generated under very specific conditions in which some crystals (tourmaline is one) is cut precisely at particular orientations to the crystal axes. Most of the types of crystals that healers use cannot generate a piezoelectric effect.

So does this mean that crystals’ supposed benefits may simply be psychological or a placebo effect? Do crystals “work” because we believe they work and want them to work? Is their effect basically psychosomatic? The fact that ancient healers and meditation masters have been using crystals for centuries suggests at least some validity of their use. Traditions that survive that long often have intrinsic value.

Or could it be that crystals’ qualities may actually reside within the physical and psychic realm of those advanced practitioners who use crystals to absorb and amplify their power and intentions?

In healing sessions, patients have reported a sense of release or calmness when crystals are used to cleanse the negative entities or energy around their body. Healers claim from their clinical perspective that crystals do amplify or strengthen the *qi* or *prana* vital energy and absorb or cleanse the negative entities or energy of the patient - both are necessary for healing to occur.

For these reasons, I incorporate the mystical powers of crystals in my classical *feng shui* practice. Further, because crystals are formed from minerals in the earth, their physical form is the most powerful representation of a mountain in my *feng shui* constructs to enrich the *qi* of a setting.

The shapes, colors and types of mineral that form the crystals contribute to their effectiveness. For example, a “generator” (also known as a Merlin crystal) has six evenly spaced sides and six approximately equal faces that center at the tip. Amethyst has the purple color of spirituality and wisdom, and is considered a “sobriety stone” that can be used for balance and stability.

But I believe that crystals don’t have power by themselves, but instead draw their effectiveness from the power of the practitioners who use them as tools to extend their own inherent healing forces.

Whatever you choose to believe of these “flowers of the mineral kingdom”, crystals are undeniably “magical” creations of the universe.