

# Monarch Laser & Wellness Centre

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## Hot Stone Massage

This is a beautiful one hour treatment where the skin is coated with hot essential oils to allow the smooth hot black basalt stones to gently glide over your skin. Experience the knots melt away, stress dissipates while you are induced into a deeply relaxed state.

Treat yourself; pamper yourself in this wonderfully nurturing therapy.

This treatment is done with the recipient fully draped while extremities are exposed at various times through the session. Comfort and discretion is assured.

### Benefits:

- Instant relaxation of tight and sore muscles
- Improved circulation and detoxification
- Relaxation and balancing of the nervous system
- Reduction of stress, increased positive energy flow with an overall increase in wellness

### Cost:

\$70 for 1 hour