

CONTINUING EDUCATION  
**SPA HOT & COLD STONE MASSAGE**

**CONTINUING ED  
COURSES  
OFFERED @ IHH**

- Advanced Clinical Interview
- Advanced Spa Therapies
- Aromatherapy
- Ayurveda 1
- Ayurveda Acupressure Massage
- Ayurveda Massage
- Chinese Medicine
- Common Emotional Disorders
- Communication Skills for Self Improvement
- Contemporary Meditation
- Energy Kinesiology
- Ethics (incl. Standard V)
- Healing Touch
- Herbs and Health
- Hydrotherapy
- Jin Shin Do Body-Mind Acupressure
- Kinesthetic Energy-Energy Work for CMT's
- Manual Lymphatic Drainage for CMT's
- Massage for 50+
- Massage, Mental Health and Boundaries
- Mind, Body, Spirit
- Nutrition
- Personality Types and Massage
- Raindrop Therapy
- Reflexology
- Reiki 1
- Reiki 2
- Reiki Advanced
- Spa Hot & Cold Stone Massage
- Thai Massage
- Therapeutic Massage for Cats and Dogs
- Yoga for Massage Therapists

Call 757-595-7757 to sign up for any of the NCBTMB Approved courses listed above.



**DATES, TIMES & PLACE**

One Day  
Sunday, April 25 from 10:00 am-5:00 pm  
allows for one hour lunch  
at the



**INSTRUCTOR: MARGO WRIGHT, BS, CMT, LMEst.**

**Course Description:**

In the SPA HOT & COLD STONE MASSAGE course students will learn the art of hot and cold stone therapy. This involves the application of water heated basalt stone of various sizes, applied to key points on the body. The benefit of this type of service is that it causes the muscles to relax allowing manipulation of a greater intensity than regular massage, thus providing the benefits of a deep tissue massage combined with the relaxation of Swedish.



Students will learn a complete routine for a deep stone session. They will learn the heating and cooling properties of different types of stones and the benefits of each type and size and how to use them for both relaxation and to help the body detoxify and heal from injury.

**6 CONTINUING EDUCATION HOURS**  
ALUMNI COST: \$75  
ALL OTHERS: \$90

**IF YOU WOULD LIKE TO ORDER YOUR OWN SET OF 35 BASALT STONES, YOU CAN PURCHASE THEM FOR AN ADDITIONAL COST OF \$60 INCLUDES SHIPPING. MUST ORDER 2 WEEKS PRIOR TO CLASS TO GET THEM IN TIME.**

**TO SIGN UP FOR THIS COURSE  
CALL 757-595-7757**



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*The Institute of Health & Healing is approved by the National Certification Board For Therapeutic Massage and Bodywork (NCBTMB) as a Continuing Education Approved Provider and is certified to operate by the State Council of Higher Education for Virginia.*



State Council of  
Higher Education for Virginia  
*Advancing Virginia through Higher Education*

