

ETNA THERAPY SYSTEM



FROM UNCONTAMINATED LAVA COMING FROM
THE BOWELS OF THE VOLCANO ETNA

Stones to massage the body, the mind, and the spirit

Worked in a laboratory one by one, the stones maintain intact
ancestral properties derived from age-old memories

and are used for the body's well-being but their properties exceed the
curative



Finocchiaro Gerardo
PIETRE TERAPEUTICHE DELL'ETNA
Via F.Turati, 6/8
95013 – FIUMEFREDDO DI SICILIA (CT)

TEL/FAX +39 095 641 157
E-MAIL: rosasci@tiscali.it
Web: <http://www.gerardo-finocchiaro.com/hotstone>

ETNA THERAPY SYSTEM

The basaltic stones of the Volcano Etna can be used in various ways

The technique of warm-cold that consists in placing one cold stone (marble) and a warm one on specific points of the body and then inverting several times. If this technique is used it is advised to begin with warm stones that induce vase expansion and finish with the cold ones that shrink the pores (the marble stones can be quickly cooled in a freezer).

The use of stones of basalt lava of the Volcano Etna as a massage instrument (the most diffused system in well-being) have a dark color, are well smoothed down in order to facilitate the sliding on the skin, possess remarkable thermal conductivity, and have a certain number of open pores in order to allow the exchange.

The basalt stone of Etna on the acupuncture points is carried out simply by pressure.



Black & White crown set

Essential oils

Use approximately 20 drops of essential oil that is best suited to needs of the client. Warm the oil pouring it on the palm and immediately rub the hands. Essential oil of lavender, orange and marjoram are recommended for a relaxed state, cypress for circulatory problems, lemongrass for toning, birch and juniper for muscular aches, geranium and lemon as reducing agents and as anti-cellulites.

In the absence of essential oils the same water to heat stones can be used, spraying it on the areas to be massaged (since the stones already begin to vibrate in water, it's energized).

During the massage the warm stones are held in the socket of the hands with a soft and wrapping hold.



*Etna Beauty Sistem
Anti Age set*



Finocchiaro Gerardo
PIETRE TERAPEUTICHE DELL'ETNA
Via F.Turati, 6/8
95013 – FIUMEFREDDO DI SICILIA (CT)

TEL/FAX +39 095 641 157
E-MAIL: rosasci@tiscali.it
Web: <http://www.gerardo.finocchiaro.com/hotstone>

ETNA THERAPY SYSTEM

The massage with hot stones

The massage with hot stones reduces stress, tension and fatigue, induces vasa expansion, improves metabolism and circulation, attenuates muscular tensions favoring the eliminations of toxins.

It rebalances the flow of positive energies, neutralizes the negative energy restoring the tuning between body and mind. On a psychological level, it brings back sensations which recall the maternal warmth, and induces a state of pleasant abandonment. On an energetic level it induces a strong process of reactivation.

Preparation

Begin by heating the stones in an appropriate stone-warmer (even a double boiler) to 60-65°C. As the stones are needed get from them from the pot using a strainer or a similar object. Choose the type of stones adapted to the areas to be worked on. Massage exercising light pressure. Remember to remove bracelets and rings (the masseur). The patient should be undressed and asked to remove jewels, in order to avoid interactions between basaltic stones and metals.



Flying set



Finocchiaro Gerardo
PIETRE TERAPEUTICHE DELL'ETNA
Via F.Turati, 6/8
95013 - FIUMEFREDDO DI SICILIA (CT)

TEL/FAX +39 095 641 157
E-MAIL: rosasci@tiscali.it
Web: <http://www.gerardo.finocchiaro.com/hotstone>

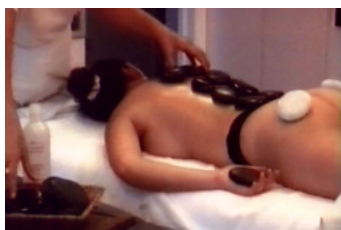
ETNA THERAPY SYSTEM

Application

Patient lying belly down.

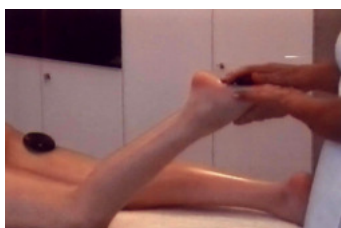
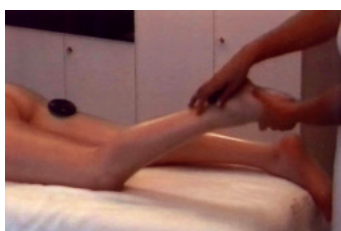
- slip a warm sweet stone under the belly;
- place a warm stone on each open hand of the patient;
- continue applying warm stones in a double row, along the vertebral column;

N.B.: It is advised to use two cold white marble stones placed over the buttocks, in order to protect the patient from possible inflammation.



- apply essential oil and massage the sole of the foot - with the stone on the side of the cut, work the metatarsus, then the sole of the foot several times;
- then go back up from the foot to the whole leg several times.

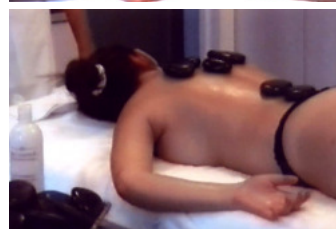
Repeat the same procedure on the other leg



- Stand in front of the head of the patient, holding (the masseur) a warm stone in each hand and come down along the sides - massaging the buttocks with upward slow, circular movements;



- continue massaging the sacral area;



Finocchiaro Gerardo
PIETRE TERAPEUTICHE DELL'ETNA
Via F.Turati, 6/8
95013 - FIUMEFREDDO DI SICILIA (CT)

TEL/FAX +39 095 641 157
E-MAIL: rosasci@tiscali.it
Web: <http://www.gerardo-finocchiaro.com/hotstone>

ETNA THERAPY SYSTEM

- now massage the back with the innovative method: **MASSAGE TENSIOWACK** consisting of repeated, harmonious maneuvers to X, launched in extension on all the surface of the back, in order to carry out fortifying actions on the muscles, with a resulting improvement of the posture;



- execute circular movements around the shoulder blades, coming down along para-vertebral muscles; here areas of tensions can be found-perceiving these apply one warm stone over the exact point and strike it lightly with a second stone;



- at the same time work the arms coming down from the shoulders up to the extremities of the fingers after having spread massage oil;
- work the cervical area - massage both sides of the neck, work the skull reaching the top of the head that corresponds to seventh chakra;



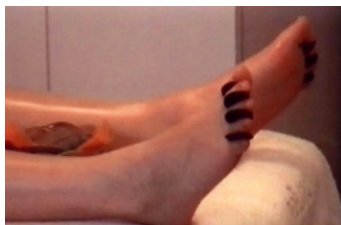
Finocchiaro Gerardo
PIETRE TERAPEUTICHE DELL'ETNA
Via F.Turati, 6/8
95013 - FIUMEFREDDO DI SICILIA (CT)

TEL/FAX +39 095 641 157
E-MAIL: rosasci@tiscali.it
Web: <http://www.gerardo-finocchiaro.com/hotstone>

ETNA THERAPY SYSTEM

- have the patient lie on his back;
- with hot stones in each hand, massage the front part of one leg (on both sides). Place four stones between the toes.

Repeat the same procedure on the other leg



- Turn now to the abdomen, after having changed the stones and applied massage oil;
- execute circular clockwise movements on the colon;
- execute circular movements around the navel.

Work on the waist, coming down from the center of the abdomen towards the sides.

- place three warm stones around the navel and warm stones in a row from the sternum to the throat (the reflex points of the chakras).



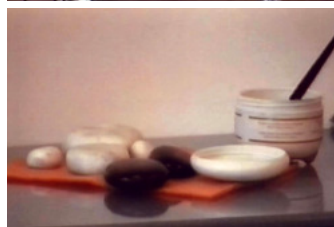
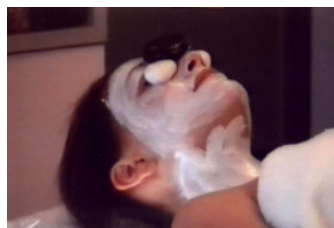
- Now work the arms with a single hot stone and after having spread massage oil- go around the shoulder, come down along the arm and the forearm - smooth down the palm of the hand with the flat part of the stone, and with the cut side of the stone, smooth down the spaces between the metacarpus always working from the wrists towards the extremities of the fingers.

- Turn to the back of the hand smoothing it down with the flat part of the stone, work the dorsal side of the spaces between the metacarpus, with the cut side of the stone.

Repeat the same procedure on the other arm

- The face: apply massage oil. Begin by massaging the neck and shoulders coming down towards the shoulders - work the forehead, the temples, the cheek bones and the neck. If appreciated apply a refreshing or nourishing mask, placing white marble or basalt ocular stones over the eyes and at the same time place a basalt stone in the middle of the forehead (third eye).

Remain in this position for about twenty minutes.



Finocchiaro Gerardo
PIETRE TERAPEUTICHE DELL'ETNA
Via F.Turati, 6/8
95013 – FIUMEFREDDO DI SICILIA (CT)

TEL/FAX +39 095 641 157
E-MAIL: rosasci@tiscali.it
Web: <http://www.gerardo.finocchiaro.com/hotstone>