

BUSINESS

TRADE TALK

A rocky but soothing massage



When is the last time you really rocked? I did recently with the help of Linda Balash and the sublime massage system, LaStone. This unique therapy was developed by Mary Nelson-Hannigan in Arizona in 1993. The concept involves hot basalt rocks and cold Colorado marble. The stones act as an intermediary between the therapist's hands and your aching muscles. The heat and weight of the stones eliminates the need to pummel the client's body.

So what's involved? First of all you don't need to leave the comfort of your own home. Linda comes to you. The name of her business is Sol-Spa. I teased her, saying it means have table, will travel.

Balash has three years experience with the stone therapy. Prior to coming to the Sunshine Coast she worked for two years at a spa in Vancouver. Her travelling spa service is ideal for anyone who has difficulty with mobility. The therapy works wonders for arthritis, tendonitis, sciatics; and joint injuries. The heat sedates the nervous system, and the cool reduces inflammation.

According to the LaStone literature, the cool draws 10 times much blood to areas, speeding healing. The heat also helps to relax muscles and



There is nothing like a soothing massage using the new LaStone System.

the combined dilation and constriction of blood vessels increases white blood cells.

Who could benefit from such a treatment? Almost anyone! With the exception of folks with osteoporosis, diabetes or cancer, young and old can enjoy this relaxing, healing experience. The therapy is altered for pregnant women. It would probably feel like heaven for someone suffering from the backaches common to pregnancy.

As someone with the nagging sore neck and arm of a chronic computer user, I can say the treatment was marvelous. It began by laying a series of hot stones along the length of my spine and proceeded with various parts of my body being alternately warmed with the hot stones

and cooled with the chilled marble. The sensation of the hot and cold combined with the gentle massage of the therapist is wonderful. The treatment included a facial and head massage which helped to ease my chronic sinus pressure. Another pleasant part of the therapy is the use of essential oils, in my case lavender, which aids relaxation.

This would make a great gift for a special mom, a stressed-out bride- or bridegroom-to-be, a senior struggling with arthritis, a gung-ho Coast gardener or just anyone requiring a bit of special pampering.

Sol-Spa also does spa parties. Balash, along with her partner Kashaelle Gagnon, will come to your party and provide the guests with a

choice of treatments. They can provide the LaStone therapy, Swedish massage, deep tissue massage, organic facials and a number of esthetic services.

Another popular venue for Sol-Spa services is local bed and breakfasts. Balash made the decision to move to the Sunshine Coast based on the response she received from the B 8 B market. So far she hasn't been disappointed with the demand for her services.

To let the spa come to you, give Linda a call at 604-740-3962 or access her cell at 604-740-1225. There is a web site, www.sol-spa.com, or e-mail her at Linda@sol-spa.com. You'll be glad you did.

To reach me, please fax 604-885-4818 or email croy@madison.ca.