



Sage & Cedar

Intuitive Healing and Shamanic Workshops

LaStone Therapy



Hot and Cold Jaguar Stones

A revitalizing body, mind and spirit healing treatment.

Great for sports injuries or a truly blissful spa experience.



You enter into another world as you lay back onto warm and cool stones, placed around your spine.



Next, chakra stones are placed upon your energy centers, aligning themselves as your chakras are awakened and the flow of energy begins. Your body opens up to the stones and they sink in their deep healing vibrations, and you accept their healing. A jade stone is placed upon your third eye, and if you wish a cool or warm mask to your eyes. Larger stones are then placed for your palm to rest on.

Your feet are washed with warm water first and then oil. Warm basalt and cool precious stones are then placed between the toes. Your feet are blessed and then massaged.



You are then treated to a wonderfully soothing warm oil treatment with smooth gliding stones.

The warm oil facilitates the transfer of geo and thermal energy from the stones to deep within your muscles and surrounding tissue.

Holding a stone in each hand, Sandra will introduce the stone and temperature to your body by placing the back of her hands on your leg. Her hands are then turned over to reveal the stone to your body and long strokes are taken to transfer the warm or cool temperatures to your muscles. The stones are slid first on the legs then the belly, then arms, chest, shoulders, neck and face.

When the treatment on your back is completed your chakras are then sealed to keep in the healing energy vibration and to keep out any extraneous energy. You are then ready to begin the same journey laying on your front.

"Each stroke with a stone is like 10 strokes of the hand."

To each part of the body, 3 strokes of a warm basalt stone, then 3 strokes with a cool marble stone are applied. This is repeated 3 times to each area. Over 75 stones are utilized to transfer their healing energy to your body.

The amount of pressure used is enough to alternatively warm and cool the belly of the muscle.

Hot Stones

...cause the blood vessels in the muscles to open and release any toxins from the muscle fibers and surrounding area. The toxins are then washed away by the increased blood flow. The warm stones then relax your muscles and allow you to accept the cool stones that follow.

Cold Stones

...are deep healing and stress relieving. The cold stones shock the muscles a bit, causing a constricting action which is then soothed away by another application of warm stones.

The pumping action created by alternating Warm and Cool stones is like the tides of Earth's water healing you.



Performing this ritual on your back is like opening a doorway to your past. I will be able to transform, calm and sooth your body and soul, and take away your pain. You will become energized in your present and future life as I transform time and release these burdens that ail you, allowing your future self to heal at a much deeper level and respond fully to the treatment that we are performing.

Finally, your spinal fluid is balanced and the fibers of your spine regenerate with the closing ritual. I then thank you for our time together and the benevolent healers that have joined us during your treatment as well as Great Spirit for the healing provided.



Please be mindful that healing is ongoing and continues long after you leave the office. Treat yourself accordingly. Let go of the memory of your old tensions and ailments and continue in a state of released freedom. Enjoy yourself and honor yourself in all ways at all times.

As a therapist, I may perform energy healing at any time before, during and after the stone treatment. Please see my webpage links for the other healings that I can provide, and may integrate into LaStone Therapy - Hot and Cold Jaguar Stone.



Sandra Molendyk - Sport Shaman
Certified LaStone – Energetic Stones Therapist
Certified Reiki Master

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