Institute of Natural Medicine

1.5 - 2 hours

Hot Stone Massage



Hot stone massage services is one of t of their excellent therapeutic benefits. Pr f heat, which is widely received when th tiredness of muscles, Respiratory prob

Hot Stone Massage in Warmth and Relaxatio

Experience the ultimate relaxation wit soothing therapy that combines tradit heated stones. This treatment is desig e the body’s natural balance, making it

? Winter Special Offer

90-Minute Massage + FREE 1-Hour Yoga

Book any **90-minute massage** and enjoy our **morning yoga FREE**.

? **Yoga: 7:30–8:30 AM**

Start your morning with yoga and then relax with a 90-minute massage.

Book on WhatsApp

Institute of Natural Medicine

What is Hot Stone Massage?

Hot Stone Massage is an ancient healing practice that uses smooth, volcanic basalt stones heated to a safe, comfortable temperature. These stones are gently placed on key energy points of the body and used during massage to enhance blood flow, reduce stiffness, and promote deep muscle relaxation. The heat penetrates through the muscles, helping to release tension and detoxify the body naturally.

Hot Stone Massage in Thamel – Reconnect with Your Inner Calm

At the **Institute of Natural Medicine** in Thamel, our professional therapists combine time-tested techniques with holistic care to deliver the **best Hot Stone Massage in Thamel**. Each session begins with gentle strokes to relax the muscles, followed by the use of warm stones that deeply soothe and rejuvenate your body. Our serene and green environment adds to the healing experience, allowing you to unwind completely.

Benefits of Hot Stone Massage Therapy

- Relieves chronic muscle tension and stiffness
- Improves blood circulation and oxygen flow
- Eases symptoms of **low blood pressure** and **respiratory problems**
- Helps reduce anxiety, stress, and mental fatigue
- Improves sleep quality and helps with **insomnia**
- Supports the body's natural healing and detoxification process
- Provides relief from conditions like **sinus congestion**, **asthma**, and **muscle tiredness**

Hot Stone Massage Near Me – Why Choose the Institute of Natural Medicine?

Our expert therapists understand how to apply the perfect level of heat and pressure for optimal comfort and results. Each session is tailored to your body's needs, ensuring a personalized therapeutic experience. Whether you are a traveler seeking relaxation after a long journey, a yoga practitioner, or simply someone wanting to rejuvenate your energy, our **Hot Stone Massage in Nepal** offers deep, restorative healing.

We recommend arriving 15 minutes before your session to complete a short health consultation. This helps our therapists customize your treatment for the best results.

Our Approach – A Blend of Nature and Therapy

Our **Hot Stone Massage services** are offered in a peaceful, nature-inspired environment surrounded by greenery. The Institute of Natural Medicine in Kathmandu provides the perfect sanctuary to relax, rejuvenate, and heal naturally. We use only high-quality oils and natural

stones to ensure a safe and deeply satisfying experience.

Who Can Benefit from Hot Stone Massage?

- People with muscle pain, tension, or stiffness
- Those experiencing stress, anxiety, or fatigue
- Individuals suffering from **cold-related issues** during winter
- Clients with **circulatory problems** or **respiratory concerns**
- Anyone seeking total relaxation and improved energy balance

Combine Hot Stone Massage with Other Therapies

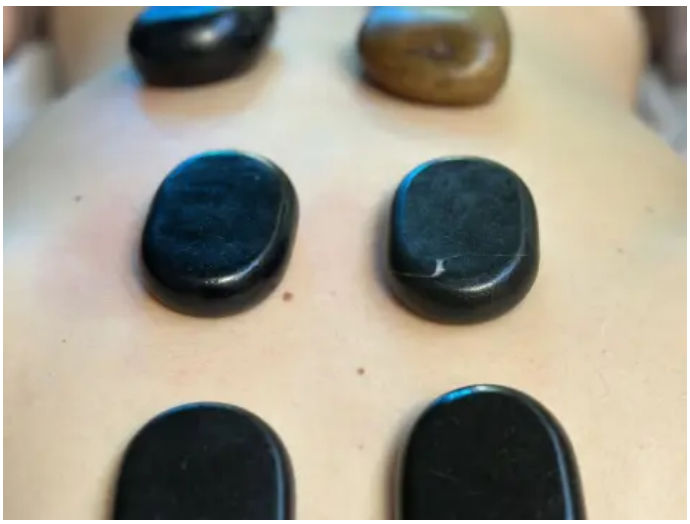
For enhanced benefits, pair your session with our **Ayurvedic Massage**, **Deep Tissue Massage**, or **Reiki Healing**. These holistic therapies complement each other and provide a complete wellness experience for body, mind, and spirit.

Book Your Hot Stone Massage Session

Indulge in the warmth of our **Hot Stone Massage in Kathmandu** and let the heat dissolve your stress and restore harmony. Step into the Institute of Natural Medicine — a sanctuary of peace and natural healing in the heart of Thamel.

Book your Hot Stone Massage today and experience the best of holistic wellness in Nepal.





Frequently Asked Questions

What is a Hot Stone Massage and how does it work?

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A Hot Stone Massage is a soothing therapy that uses smooth, heated volcanic stones to relax muscles, reduce tension, and improve circulation. The warmth of the stones penetrates deeply into muscle tissues, helping release tight knots and restore balance in the body.

What are the main benefits of Hot Stone Massage therapy?

Hot Stone Massage offers both physical and emotional benefits. It relieves muscle pain, improves blood flow, reduces anxiety and stress, enhances sleep, and promotes overall relaxation. It’s especially effective during winter months or for those suffering from stiffness and fatigue.

Is Hot Stone Massage good for back pain and stiffness?

Yes, Hot Stone Massage is ideal for relieving back pain and muscle stiffness. The combination of heat and gentle pressure loosens tight muscles, eases tension, and improves flexibility.

What should I expect during a Hot Stone Massage session?

During your session, warm stones are placed on key points of your body — typically along your spine, shoulders, arms, and legs. The therapist may also use the stones to massage your muscles in long, flowing strokes. Expect deep relaxation and a sense of calm throughout the body.

How long does a Hot Stone Massage session last?

A typical Hot Stone Massage lasts between 60 to 90 minutes. This allows enough time to warm and relax your muscles, improve circulation, and promote a full-body sense of wellbeing.

What kind of stones are used in Hot Stone Massage?

Smooth basalt stones, known for their excellent heat retention, are used in this therapy. These volcanic stones are heated to a comfortable temperature and applied safely to your body to provide warmth and deep relaxation

Can Hot Stone Massage help with anxiety and insomnia?

Absolutely. The gentle warmth and rhythmic massage movements calm the nervous system, ease anxiety, and help regulate sleep cycles. Many people report improved sleep and reduced stress after regular sessions.

Is Hot Stone Massage suitable for everyone?

Hot Stone Massage is generally safe, but those with skin sensitivity, heart disease, diabetes, high blood pressure, or varicose veins should consult a doctor/professional Therapist first. It’s also not recommended during pregnancy or for anyone with open wounds or infections.

How often should I get a Hot Stone Massage?

For general relaxation, once or twice a month is sufficient. If you’re recovering from an injury or experiencing chronic pain, weekly sessions may help improve circulation and speed up recovery.

What should I do before and after a Hot Stone Massage?

Before your session, stay hydrated and avoid eating heavy meals. Afterward, drink plenty of water to flush out toxins, rest for a while, and allow your body to absorb the full benefits of the therapy.

What is the difference between Hot Stone Massage and Deep Tissue Massage?

Hot Stone Massage focuses on relaxation using heat to loosen muscles, while Deep Tissue Massage uses firm pressure to target deeper muscle layers and relieve chronic tension. Both are therapeutic but serve different needs.

Why is Hot Stone Massage popular in Kathmandu and Nepal?

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Due to Kathmandu’s cooler climate, Hot Stone Massage has become a favorite relaxation therapy, especially in winter. The warmth of the stones provides comfort and relief, making it a natural choice for stress reduction and body rejuvenation.

Can Hot Stone Massage improve blood circulation?

Yes, it helps dilate blood vessels and increase oxygen flow throughout the body. Improved circulation enhances nutrient delivery to tissues, speeds up recovery, and supports overall health.

What conditions can Hot Stone Massage help with?

This therapy can help relieve symptoms of arthritis, sciatica, low blood pressure, asthma, chronic fatigue, depression, and tension headaches. It’s also excellent for muscle soreness after sports or physical activity.

Can I combine Hot Stone Massage with other treatments?

Definitely. Combining Hot Stone Massage with other Therapeutic Treatments at our Institute like Ayurvedic Massage, Reiki Healing, Swedish Massage or Deep Tissue Massage etc. creates a holistic wellness experience. It enhances relaxation and supports both physical and mental healing.

Price:

90 min	US$ 30
120 min	US$ 35

Book Now

Check out other packages



Acupuncture Service

Relieve pain and restore balance with Acupuncture sessions at INM. Our skilled therapists use ancient techniques to promote natural healing and well-being.

Explore

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Traditional Thai Massage

Traditional Thai Massage—also known as Nuad Boran—originated in Buddhist temples over 2,500 years ago. It’s a unique healing art that blends yoga-inspired stretches, acupressure, and energy balancing.
Explore



Feet Reflexology

Feet Reflexology, also known as foot reflex massage, is a holistic therapy practiced worldwide. Our licensed massage therapists and reflexologists apply precise pressure on the reflex points of your feet.
Explore



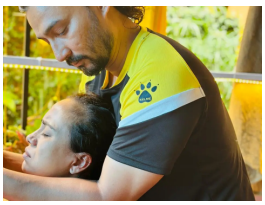
Ayurvedic Massage

Ayurvedic massage (Abhyanga) is an ancient holistic therapy that involves a full-body massage using warm, medicated herbal oils chosen specifically according to your body type or dosha (Vata, Pitta & Kapha).
Explore



Swedish Massage

Swedish Massage is designed for relaxation, improved wellbeing, and full-body rejuvenation. It helps increase blood flow toward the heart, releases surface-level muscle tension, and supports lymphatic drainage.
Explore



Deep Tissue Massage

Deep Tissue Massage uses slow, firm strokes and friction to reach deeper layers of muscle fibers and fascia, effective for chronic pain, injuries, or postural problems.
Explore



Trekkers' Holiday Massage

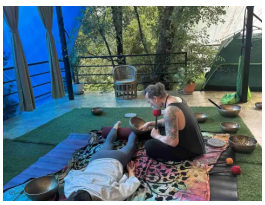
Are you searching for the exact place to cure your health issues occurred after trekking activities in Nepal? Our Massage Training center have specially made a combo therapy that is the mixture of different type of massage therapies.
Explore

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Shirodhara

Shirodhara is one of the most relaxing and restorative Ayurvedic treatments, originating from the Sanskrit words “Shiro” meaning “head” and “Dhara” meaning “flow.”
Explore



Singing Bowl Massage

The Singing bowls are placed on specific areas of the body—back, shoulders, abdomen, feet, and energy centers—and played in rhythmic patterns during Singing Bowl Massage session.
Explore