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Hot Stone Therapy By Jim Street Wellness Spa Shanti combines the therapeutic properties of traditional massage with the soothing effects of Want the FULL step-by-step training? Get instant access here: This YouTube video is only a preview. How TO : Use Hot Stones on the upper back and neck Melt Away Tension, Embrace Warmth: The Power of We have combined our previous step-by-step Enjoy a calming and informative look at how a Does cold weather make your muscles feel stiff and sore?