

Lava Shells Homecare Kit FAQs

Answered by Shared Beauty Secrets MD, Clare Anderson



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Q: What are Lava Shells?

Lava Shells are the world's first self-heating massage tool. A patented, natural, biodegradable heat technology is incorporated into the Porcelain Lava Shell which then emits heat for up to an hour, allowing you to use the product for self-massage. Beautiful in appearance and easy to use, the mild heat of the Lava Shell helps naturally ease the body's muscles and releases tension, stiffness and knots. The heat penetrates straight into the muscles tissues, increasing blood flow and ensuring a more effective massage. Your Lava Shell can be used to treat a multitude of concerns from easing aching muscles and joints to alleviating the suffering from IBS and bloating.



Q: How do they work?

A Lava Gel sachet containing a blend of food grade minerals is placed inside the shell to which the Lava Activator, a saline solution, is added, causing a natural exothermic reaction. Once activated the shells take between 5 and 10 minutes to heat up and then continues to generate heat for up to an hour. As the shell is used, it will naturally transfer heat to the body and the temperature will balance; when set aside and rested it will begin to increase in temperature.

Q: What is the benefit of using the shell at home?

When used at home after a professional massage, the shell will support the treatment which the client has received by a therapist, allowing you to take home a piece of spa heaven. Massaging with the heated shell eases tension, soothing tight muscles and providing a comforting treatment to experience at home while concentrating on specific areas. Easy to use and portable your Lava Shell can be taken away on holiday or mini break. Self-massage can be a necessity or an indulgent treat.

Q: What makes the shell so great?

They are instantly relaxing, amazingly beneficial and incredibly easy to use which enables you to enjoy a warm massage therapy at home. They offer comforting warmth to ease stress and tension from tight, tense muscles; the gentle heat helps melts away aches and pains. They are easy to hold and therefore easy to use on any area of one's own body or can be used to massage a loved-one.

Q: How do I use the shell?



The **CROWN** of the Shell is the most versatile part of the shell and the one that transmits the greatest amount of heat. This part of the shell is ideal for long broad strokes across major muscle groups, especially either side of the spine, over the calves and thighs, over the tummy and around the neck and shoulders. Tilting the crown slightly offers a deeper pressure.



The **HINGE** forms a small, rounded protrusion on the side of the Shell. If you're looking for a way to work deep into small, tight knots or problem areas, the hinge is the way to go as it is ideal for friction work to ease tension. Use this part of the shell for deep pressure work and on pressure points.



The **EDGE** of every Shell is ideal for working narrow areas, the edge is also valuable as a stretching tool; use one hand to support the muscle at the top and place the shell so that the edge and surface are both against the skin, and drag to create additional tension.

Q: What do you get in the Lava Shell Homecare kit?

The kit, which comes packaged in a natural woven bag, contains one porcelain Lava Shell, a 30ml bottle of Basic Elements Exotic Massage Oil, 4 Lava Gel charges and Lava Activators, which will each heat the shell for up to one hour. Instructions on how to activate are included plus a link to our website www.sharedbeautysecrets.com giving more information on the product and tips for massage and how to use. The shell is reusable and additional Lava charges can be purchased separately as a Refill Kit.

Q: What are the Porcelain Lava Shells made from?

The porcelain Lava Shell within the Lava Shell Homecare Kit is handcrafted using high quality porcelain and crushed shells. Each porcelain shell is hand painted, replicating the beautiful appearance of natural tiger clam shells.

Q: What can I massage?

The home use shell is excellent for self-massage. The heat helps relax the muscles quicker and the shape of the shell really helps target problem areas like tense shoulders. The warmth from the shell is very comforting and promotes extreme relaxation. They can be applied directly to the skin but work equally well through clothing. They can also be used to massage a friend or partner; they help you give a really beneficial massage that leaves you feeling very calm and relaxed. The Lava Shell is perfect for massaging backs, tummies, legs, shoulders and necks. Also ideal for pre or post exercise.

Q: If my shell becomes too hot to massage with, what can I do?

If you feel that your Lava Shell is too hot then you can cool it down simply by using a damp cold flannel to wipe over the shell, or wrap the shell until the desired temperature is achieved.

Q: How much are the homecare kits?

The Lava Shells Home Care Kit – **£39.50**

The Lava Refill Kit – **£29.50**

You can purchase on line at www.sharedbeautysecrets.com



Q: I love your homecare kit where can I experience a full Lava Shell treatment?

Our Lava Shell treatments are in over 2000 spas and salons across the UK and Ireland, and are the preferred choice of heated massage tool for mobile therapists. Visit www.sharedbeautysecrets.com to find your local practitioner.

Q: Who should buy this kit?

If you suffer from aches and tension in your shoulders and / or neck this kit is perfect for you. If you suffer from IBS or bloating around your tummy then self-massage with the Lava Shell is amazing. If you are looking for that unique gift for **Christmas, Valentine's, Birthday's, Mother's Day, Father's Day** etc then look no further as the Lava Shell homecare kit offers an idyllic treatment experience combining the warmth of the shells with deeply relaxing massage techniques to create a sense of balance to the entire body and mind. In fact our handy self-heating home care massage kit is the perfect indulgent gift for any occasion.

Q: Do I need a massage oil?

We have included a mini 30ml BE Exotic Green Tea and Mango oil within the kit. This oil does contain nuts so if you are allergic then please use an alternative.

Q: How do I clean my porcelain shell?

Your Lava Shell is easy to clean. Just wash with hot soapy water or wipe with an anti-bacterial wipe for a hygienic clean.