Stone therapy massage
Resource Book
SIBBSPA504A Provide stone therapy massage

Unit Duration 4 weeks
Mode of delivery On Campus
Lecturer
References

Battaglia, S; 2003; The Complete Guide to Aromatherapy; 2nd edition; The International Centre of Holistic Aromatherapy; Australia
Provide stone therapies; 2010; Service Industries Skills Council; Sydney, NSW; Australia
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Stone therapy background

This is an ancient massage technique utilising the benefits of contrast therapy (alternating hot and cold) or heat therapy (hot stone massage) or cold therapy. Hot, smooth volcanic basalt stone with deep penetrating heat and cold marble stones are placed and used on the body throughout the massage restoring physical, emotional and spiritual wellbeing.

Many cultures have used stones to indirectly heat the body – heated stones have been used to warm cold beds before the advent of electric blankets and central heating. The Finnish heat stones to warm the small enclosed area of the sauna and then water is added to increase the humidity in the room. The Japanese and Chinese have used pointed stones in their meridian and acupuncture treatments. Native North American nations used stones to roll on the body to induce healing. Although all these cultures used stones in healing and health it was not until the late 1990s that the use of stones was incorporated into massage therapies. Since then the popularity of the treatment speaks to its effectiveness as a treatment modality.

Hot stone therapy is a useful addition to a massage therapist as it extends and enhances a massage without causing stress on the therapist’s joints and muscles. The stones are usually heated although cold stones are also used. Some therapists simply place the stones on the client in selected areas and perform a relaxation massage. Other therapists massage with the heated or cooled stones. The approach taken here is to incorporate both and describe a technique that places stones on specific areas of the body and the use of heated or cooled stones in the therapists hands to perform the massage movements. The best compliment you can get is when a client says to you that they cannot tell the difference between your hands and the stones when having a massage.

Stones can do a lot of the work of the massage – the weight and heat penetrate into soft tissue in a way that you cannot achieve by massage alone. This makes your massage more effective and softens and relaxes the muscles before you massage. Therefore you do not have to expend as much energy and effort to get a similar outcome to a massage without stones. Stones however cannot have the sensitivity of the hands or the ability to feel the state of the soft tissue under your hands. Therefore the use of both hands and stones are necessary for a good stone therapy massage.

Stone therapy massage is sometimes combined with other healing systems such as ayurvedic, meridian work, chakras and spirituality. The benefit of these approaches has not been proven through scientific methods and you should exercise caution if discussing these aspects of stone therapy with clients.

Different types of stones can be placed on the body in areas of significance to these approaches and the selected stone has a healing effect. For example, chakras are points in the body associated with physical or spiritual energy. Each chakra has a semi precious stone associated with it and these are placed on the chakra to enhance healing of the energy.

Stone therapy massage can be called many different names depending on the spa.
Stone selection and care

When selecting stones for the massage you will be looking at the type of stone, the size and shape and the texture.

Type of stone
Geologists classify rock according to how it is formed:

- Igneous rock
- Sedimentary rock
- Metamorphic rock.

Igneous rock is formed from molten rock or magma. The formation process can be beneath the earth’s surface in which case the rocks are referred to as intrusive igneous rocks. If the formation process is on the earth’s surface through volcanic activity they are called extrusive igneous rocks.

Intrusive igneous rocks are formed by a slow cooling process and the crystals within them are large and prominent. The surface of the unpolished, natural rock is coarse. Granite is an example of this type of rock. It has a narrow use in stone therapy with the main application being the use of weathered stones of this type for exfoliation and cooling.

Extrusive igneous rocks are formed by volcanic activity and the lava cools quickly creating crystals that are smaller and finely grained. The unpolished surface is relatively smooth. Basalt which can range in colour from black to grey is a common extrusive igneous rock. The stone is usually tumbled by river or sea water and is smooth. The colour of the rock is due to the mineral content. For example, dark basalt has a higher content of elements such as iron and magnesium. Basalt stones easily absorb and retain heat; it is a commonly found rock, has an appealing range of colours and is relatively cheap. These factors make it the most popular type of stone used in stone therapy.

Basalt rocks retain a record the earth’s magnetic field as it was when the rock was formed. It is thought that this magnetic field varies in orientation and strength over the life of planet earth. So the orientation and strength of the magnetic field at the time that your basalt rock was formed can be analysed. For some that work in the stone therapy field these influences are powerful and can have an effect on the body.

The next category of rock is sedimentary. This type of rock is formed by cementing grains of mineral and rocks together. Sandstone and limestone are two examples of sedimentary rock. This type of rock is soft and easily breaks. It is considered unreliable and is rarely used in stone therapy.

The third category of rock is metamorphic. It is produced by chemical, temperature or pressure forces which changes the original rock appearance, mineral content and texture. The original rock may have been igneous or sedimentary. Metamorphic rocks have a wide distribution and come in many colours. Examples of metamorphic rock used in stone therapy are quartzite, slate, jadestone and marble. These rocks are dense, smooth and retain heat or cold easily.

Quartzite is formed from sandstone that has been heated and recrystallised. It is smooth and has a satiny sheen. It is often lined with straight or curved markings and can be very attractive to look at. Brown, orange, red, brown, buff, green and black colours are reflections of the mineral content of the stone. For example, glauconite grains or ferrous iron can create the green form of this rock.

Marble is formed by the recrystallisation of limestone or dolomite. If the original limestone was nearly pure calcium carbonate, the marble will be white. However many other colours exist and are influenced by the variation in the quantities of clay or sand in the original stone. The original stone is not in a form that can be used in massage and it must be cut,
tumbled and shaped for use in massage. Marble is dense and smooth and easily retains heat or cold.

**Jade** contains a wide variety of hard, green minerals. The colour will vary from deep green to a greenish white. True jade consists of a higher quantity of jadeite (rare) and a lower quantity of nephrite (more common). True jade is expensive and is not used commonly in stone therapy. However jadestone with its higher content of nephrite is not as expensive and therapists who use this stone may have one or two in their collection. Jadestone often has a folklore surrounding it and is associated with mysticism and love. It is said to be relaxing and balancing. Once polished it can be slippery so you need to use it with care.

**Slate** is formed from shale which is a sedimentary rock made from fine silts, clays and grains of rock. It forms in plates or flakes and it easily splits into these when handled. However pieces of slate can be large but light and this property means that they can be used as placement stones for the stomach or sacrum. This is particularly apt when the client wants the comfort and heat of the stone but does not want the weight.

Massage therapist who work with stones use the properties of magnetic energy, mineral content, heat retention, texture and shape to choose stones.

**Size and shape of stone**

The size and shape of the stones depends on what you use them for, the size of your hands and the area of the body you will apply them to. You will develop a personal preference for the different sizes and shapes. However, you will need a variety, as some will be used for placement between toes (tiny stones) and others will be used to massage broad areas such as the thighs (large stones).

The amount of stones you require will vary with your technique and experience. Most therapists start with a base collection of around 30 which they can easily use as they get used to this form of therapy. As your experience grows you may use up to 50 stones.

As your technique develops you will become adept in choosing the right stone for the client and it will quickly become second nature to choose the correct stone. You will also develop preferences for particular stones.

The following chart shows the type of stone, numbers that should be available, shapes and what they can be used for.

**Texture**

For both working (massage stones you use to massage with) and placement (stones that are placed on the clients body) stones the texture must be smooth. Some therapists prefer stones that are naturally smoothed by the action of river or sea water. Mechanically tumbled stones are available but some therapists do not like them as they believe that the process of smoothing of the stone alters its electromagnetic potential and healing capacity. In addition mechanically tumbled stones can feel slippery in the hands especially when covered in oil. Of course, marble and jade stones are the exception to this as they are not found in a natural state that is suitable for use in stone therapy massage. Slightly textured stones can be useful for exfoliation. Your preferences are individual and will change as you become proficient in the techniques.

Most therapists will purchase stones from a supply company and then add hand collected stones if that is their preference.

**Caring for stones**

Once you purchase a set of stones you never have to replace them. However you will have to cure and care for them.

**Curing** is a process of steeping the stones in oil and applying heat. The oils coat the stone structure and some of the oil is retained so that they only need a light coating each time you use them. The process for doing this is:
- Wash stones in warm water
- Allow to dry overnight
- Oil stones with almond oil
- Bake in oven at 350°C for about 15 minutes
- Allow to cool overnight
- Oil stones again and cover
- In a few days oil the stones again
- Store for use.

**Storing** stones is best done by immersing them in clean water in the stone heater. This way they do not dry out. There is no risk to the stone from the water and they are ready to be used at any time – you just have to turn the heater on to give them adequate time to heat before the massage.

Stones used for cold treatments should be stored in a covered plastic bowl filled with water. If stones are not going to be used in the next 24 hours then place them on a clean towel and allow to dry.

**Cleaning** stones must be carried out after every client. Cleanse with fresh water and an antibacterial soap. Rinse and place back into the heating unit. Turn the heater on again and boil the stones for a period of about 3 minutes. Then turn it down to the working temperature.

Some stones can become sticky and these can be cleansed with alcohol. The water in the heating unit only needs to be changed daily and you can add a sterilizing solution to it. At the end of the day empty the heating unit of the stones. Place them on a dry clean towel and then empty the
Sydney Essential Oil Company Preblended Oils

**Relaxation Blend/Relax Me Blend**
A sweet, gentle aroma that enhances feelings of relaxation

- **Lavender Augustifolia (Maillette)**
Method of extraction: Fresh flowering tops via steam distillation
Uses: Analgesic, antidepressant, antiseptic, antispasmodic, decongestant, helps clear stuffy heads making sense calmer yet more alert, eases breathing, relieves headaches, relaxes muscles, helps with rheumatic pain. Good at relieving insect bites and stings.
Contraindications: low blood pressure

- **Mandarin**
Method of extraction: Cold pressed from fruit peel
Uses: Helps to strengthen the digestive function and liver, antiseptic, antispasmodic, carminative, diuretic, sedative, depression, anxiety
Contraindications: Photosensitivity

- **Lemon**
Method of extraction: Cold pressed from peel of fruit
Uses: antispasmodic, astringent, anti-rheumatic, diuretic, refreshing and cooling when hot and bothered, helps with concentration, antibacterial, stimulates white blood cells, improves function of digestive system, helps with joint inflammation
Contraindications: Skin irritation, photosensitivity

- **Bergamot**
Method of extraction: Expression from the small yellowish pear-shaped fruit
Uses: anxiety, nervous tension, depression as it is very uplifting and sedative. Antiseptic, tonic, digestive, analgesic, cold sores, chicken pox, acne
Contraindications: Photosensitivity

- **Cedarwood Atlas**
Method of extraction: Steam distillation from wood
Uses: Antiseptic, astringent, diuretic, expectorant, insecticide, sedative, warming, harmonising. Calming and soothing action benefit nervous tension and anxiety. Also helps with coughs and bronchitis.
Contraindications: Pregnancy

- **Chamomile Roman**
Method of extraction: Steam distilled from flowering tops
Uses: Relieves restlessness, anxiety, ADHD, depression, insomnia, skin conditions (acne, dermatitis, eczema) detoxifies blood and liver, nerve regenerative.

**Optimism Blend**

- **Grapefruit White**
Method of extraction: Cold pressed from fruit ring
Uses: Antidepressant, antiseptic, depurative, diuretic, disinfectant, stimulant, tonic, great for in times of stress, depression, and nervous exhaustion. Assists with acne and oily skin.

- **Bergamot Calabrian**
Method of extraction: Expression from the small yellowish pear-shaped fruit
Uses: anxiety, nervous tension, depression as it is very uplifting and sedative. Antiseptic, tonic, digestive, analgesic, cold sores, chicken pox, acne
Contraindications: Photosensitivity
- **Lavender True**
  Method of extraction: Fresh flowering tops via steam distillation
  Uses: Analgesic, antidepressant, antiseptic, antispasmodic, decongestant, helps clear stuffy heads making sense calmer yet more alert, eases breathing, relieves headaches, relaxes muscles, helps with rheumatic pain. Good at relieving insect bites and stings.
  Contraindications: low blood pressure

- **Tuberose Absolute**
  Method of extraction: enfleurage from fresh flowers
  Uses: Aphrodisiac, deodorant, relaxing, sedative, powerful anti-inflammatory and antispasmodic properties. Used to treat emotional stress and anxiety

- **Jasmine Absolute**
  Method of extraction: Flower – enfleurage or solvent extraction
  Uses: Antidepressant, antiseptic, antispasmodic, aphrodisiac, expectorant, sedative, helpful with emotional dilemmas particularly when they involve relationships and sex. Can be useful in the first stages of labour for pain and to strengthen contractions. Good hormonal balancer and post natal depression. Assist with menstrual pain. Helps to treat dry, aggravated skin. Used in treatment for dermatitis and eczema.

**Calm Blend**
A warm, earthy blend that grounds the mind and body. A great aroma that appeals to both men and women.

- **Lavender True**
  Method of extraction: Fresh flowering tops via steam distillation
  Uses: Analgesic, antidepressant, antiseptic, antispasmodic, decongestant, helps clear stuffy heads making sense calmer yet more alert, eases breathing, relieves headaches, relaxes muscles, helps with rheumatic pain. Good at relieving insect bites and stings.
  - **Ylang ylang**

- **Bergamot**
  Method of extraction: Expression from the small yellowish pear-shaped fruit
  Uses: anxiety, nervous tension, depression as it is very uplifting and sedative. Antiseptic, tonic, digestive, analgesic, cold sores, chicken pox, acne

- **Sage**
  Method of extraction: Steamed from leaves
  Uses: Liver, PMS, hormone regulator, despair, mental fatigue
  Contraindications: Epileptic, high blood pressure, pregnancy

- **Petitgrain**
  Method of extraction: Steam from leaves
  Uses: Antispasmodic, relaxant, insomnia, anxiety

- **Basil**
  Method of extraction: flowering tops and leaves via steam distillation
  Uses: antiviral, antibacterial, anti-inflammatory, muscle relaxant, migraines, throat, lungs, colds
  Contraindications: Pregnancy

**Tenderness Blend (Certified Organic)**
A romantic and gourmand blend designed to enrich your feelings of love. Perfect for an indulgent and pampering experience.
Lavender Bulgaria

- Mandarin Red
  Method of extraction: Expression from fruit rind
  Uses: Antispasmodic, carminative, cholagogue, depurative, digestive, diuretic, sedative.
  Contraindications:
  - Orange Sweet
    Method of extractions: Cold-pressed from ripe/almost ripe outer peel of the orange fruit.
    Uses: Antidepressant, antiseptic, therapeutic, antispasmodic, carminative, cholagogue, digestive, sedative, stomachic, digestive tonic, lymphatic stimulant

- Cedarwood Atlas
  Method of extraction: Steam distillation from wood
  Uses: Antiseptic, astringent, diuretic, expectorant, insecticide, sedative, warming, harmonising. Calming and soothing action benefit nervous tension and anxiety. Also helps with coughs and bronchitis.
  Contraindications: Pregnancy

- Patchouli
  Method of extraction: Light fermentation (scalding with superheated steam)
  Uses: Antidepressant, anti-inflammatory antiphlogistic, antiseptic, aphrodisiac, astringent, cicatrisant, cytophylactic, deodorant, diuretic, febrifuge, fungicide, insecticide, sedative.

**Vanilla CO2 Extract**

Method of extraction:

**Energy Blend**

For an uplifting massage experience. A dynamic blend that provides tonic effects on both the mind and the body.

- Mandarin
  Method of extraction: Expression from fruit rind
  Uses: Antispasmodic, carminative, cholagogue, depurative, digestive, diuretic, sedative.

- Lemongrass
  Method of extraction: Steam-distilled from fresh or partly dried leaves
  Uses: Analgesic, antidepressant, antimicrobial, antiseptic, astringent, bactericidal, carminative, deodorant, febrifuge, fungicidal, galactagogue, insecticidal, nerve, sedative, tonic.

- Bergamot*
  (*Denotes Certified Organic)
Method of extraction: Cold expression from the peel of the nearly ripe fruit from the small bergamot tree.
Uses: Analgesic, antidepressant, antiseptic, antiviral, carminative, cicatrisant, deodorant, digestive, febrifuge, sedative, stomachic, tonic, vermifuge, vulnerary

- **Nutmeg**

Method of extraction: Steam-distilled from freshly comminuted, dried nutmeg
Uses: Analgesic, antiheumatic, antiseptic, antispasmodic, carminative, digestive, emmenagogue, prostaglandin inhibiter, stimulant, tonic.

- **Basil CT Linalool**

(*Denotes Certified Organic*)

Method of extraction: Steam-distilled from the leaves and flowering tops.
Uses: Analgesic, antidepressant, antiseptic, antispasmodic, carminative, cephalic, digestive, emmenagogue, expectorant, febrifuge, nervine, sudorific.
**Benefits of hot and cold stone therapy**

The application of heat to an area causes vasodilation and consequently an increase in the blood circulating in the immediate area. Blood is drawn away from internal organs and increased in the tissues that are warmed. This facilitates healing and the elimination of waste materials.

The extra blood carries away some of the heat and warms the surrounding area. The soft tissues are relaxed and muscle soreness and tension are relieved.

The benefits of hot stone therapy include:
- Helps muscles relax more quickly than a standard massage allowing you to work more effectively on areas of concern to the client.
- Increases blood and lymph circulation to the area
- Relaxes muscles relieving minor aches and pains
- Soothes the nervous system
- Reduces stress
- Can ease tension headaches and menstrual pain.

The benefits of cold stone therapy include:
- Decreases inflammation and swelling
- Stimulates the nervous system
- Eases sinus congestion and pain
- Eases arthritis pain
- Can ease pain caused by strains and soft tissue injuries
- Blood moves away from the area and into surrounding tissues.

Many traditional spa therapies use **contrast** treatments. This is where the body is alternatively heated and then cool. Most people are familiar with the concept of having a sauna and then using a cold plunge pool. This type of treatment is extremely invigorating. However, stone therapy can use this concept in a more localised area.

The benefits of contrast therapy are underpinned by the increase and then the decrease in blood circulation in the part treated. This in effect creates a blood ‘pump’. The circulation of blood and lymph is increased in the local area by the application of heat. This warmed blood and lymph is then forced into the adjacent tissues by the application of the vasoconstricting cold. The heat application is longer than the cold application.

The benefits of contrast treatments are:
- Increases blood in areas that have poor circulation
- Removes blood from areas that are hyperaemic
- Strengthens the circulation in the area treated.
Consult with client

Clients who come to you for stone therapy will have varying expectations and requirements. Taking the time to discuss client expectations will assist you to create a professional image where the client feels assured that you are demonstrating a genuine interest in their needs and providing sound advice to meet these needs. Detailed client consultations are an essential component of designing an appropriate spa program. You will need to review and confirm the treatment plans of existing clients who have regular treatments. If the client is new to this treatment you will need to develop a treatment plan for them. Ask new clients if they have had any spa treatment before. This knowledge will assist you to make the client feel comfortable and assured.

Reviewing and confirming a treatment plan for an existing client and collecting initial information from a new client involves questioning the client carefully, actively listening and taking note of their responses. Encourage the client to advise you on what they expect from the stone therapy. At times you may find that you need to assist the client to further clarify their expectations or requirements. This is part of offering a professional service. Ensure that the client is not embarrassed to ask for changes to aspects of their treatment. When discussing the treatment plan with your client, you should ask questions that require a descriptive answer, rather than closed questions.

Once you have established or confirmed your client’s requirements, include this in the development or adjustment of the spa treatment plan. Sometimes after talking to your client, you may consider that a different condition is more in need of correction than that which concerns the client. It is important not to overlook or dismiss your client’s priorities, or make them unnecessarily concerned about conditions of which they were previously unaware.

As well as establishing the client expectations about treatment outcomes you need to tell the client the cost of the treatment and the expected duration. There may be some clients where cost is not a barrier to any treatment and treatment plans are only limited by the expectations of the client and the considered recommendations of the therapist. However, most clients will want to know the cost. Some clients may be on a restricted time frame and you need to establish the time they have available for treatment at the outset.

Privacy and confidentiality

The information you collect from your clients may be of a sensitive nature and will require the application of privacy principles. The client must be assured of confidentiality with regard to all spa treatments. Any contra-indications or personal details should not be discussed outside the service area, unless another beauty therapist’s professional opinion or advice is being sought. The client’s permission should be obtained before discussing their treatment with another beauty therapist.

Privacy during stone therapy is vital if the client is to relax and receive the full benefit. Background music will not only help relax the client but will also aid privacy by muffling the sound of conversation. Of course the music should not be too loud and must be appropriate. Other beauty therapists should not interrupt the treatments unless essential. Professional draping where areas of the body are exposed as they are worked on is an important part of client privacy.

To ensure that the stone therapy you provide is appropriate for your client’s requirements and is performed safely, it is essential that you collect, review and confirm the following information:

- Contra-indications
- Medical history
- Allergies
- Lifestyle
Contra-indications

Before beginning the stone therapy, you must identify any contra-indications and assess any implications they might have for the treatment. Contra-indications are problems or circumstances that may prevent beauty therapists from performing a treatment or service or may signal that precautions need to be taken. You may not be able to provide the planned stone therapy massage or you may have to adjust various aspects of the treatment such as the products and techniques used. Contra-indications can change and develop between treatments so you cannot assume that because an existing client did not display specific contra-indications in the previous treatment, they will not do so in a subsequent treatment. Record any changes on the treatment plan. Professional judgement must be used at all times. Conditions that are not recognised by the beauty therapist or which require medical treatment should be referred to an appropriate professional.

Existing clients can be verbally asked questions which may jog their memory regarding contraindications, such as:

“Have any changes occurred since your last visit, such as medications, injuries/operations? Are you pregnant?”

In addition to body massage contra-indications add the following:

- **Heat sensitivity**: clients with impaired temperature sensation. An example would be those affected by diabetes or Raynaud’s disease. Raynaud’s is a disorder of the blood vessels that causes some areas of your body to feel numb and cool in response to cold temperatures or stress. These areas will appear white. The client risks scalding or frostbite as a result of temperature extremes. Both of these conditions are chronic.

- Be careful with clients with **thin skin** which is typically found in elderly clients. The massage should be light and the heat should be lower.

- **With pregnancy** the client should have written medical permission before you commence treatment. It is not usually recommended to be performed with pregnancy.

- **Clients with metal implants** – avoid the implant area.

Medical history

Ensure you check and/or confirm your client’s medical history so that any techniques or products used in the stone therapy do not exacerbate an existing condition. Medical conditions involving the heart, circulatory problems, inflammatory or infectious skin conditions or recent surgery or injuries need to be recorded as they may often be contra-indicated.

Allergies or adverse reactions

During the stone therapy, the skin may react to the products or techniques used. This is referred to as an adverse reaction. For stone therapy, these reactions may include the following:

- **extreme erythema** arising from the client becoming overheated or an area becoming overheated.
- **skin blemishes** due to massage stimulation
- **allergic reactions** of the skin or body to treatments or products
- **psychological reactions** of the client to treatments who may feel claustrophobic
- conditions which indicate client referral to a medical practitioner or other professional.

Check and confirm any allergies that your client may suffer from so that the cosmetic ingredients in any of the products used in the stone therapy do not trigger any reactions.
Even where you have carefully checked contraindications and allergies before commencing the treatment, some reactions may occur which could not have been anticipated. There may be unexpected reactions over which you have no control. Occasionally a reaction will occur to a product or technique which has been used many times in the past with no problems. If this occurs, you need to re-evaluate the treatment. You may be able to provide an alternative treatment. If in doubt, stop the treatment immediately.

**Lifestyle**
Collecting information about lifestyle factors such as nutrition, exposure to stress, exercise, different types of environment will have an impact on the treatment you recommend and the treatment objectives you identify.

**After-stone therapy activity** — talk to your client about what they plan to do after the treatment. For example, if the client has to do a presentation at the end of the day this will affect the stone therapy routine you select and the timing of the treatment.

**Temperature tolerance** — some clients do not feel well when exposed for a long time to heat. You need to ask them what their tolerance is to hot or cold temperatures.

**Treatment needs** — these can also be called indications for treatment. At this stage you know what the client expects, you know the contraindications to treatment and you have talked to the client about their lifestyle. You may have looked at the treatment site, for example, the client has indicated that they have tense neck muscles and you may have checked the area during your discussion of this.

From all this information you will get a list of potential indications for treatment. This is a prioritised list agreed between the client and you of what can and should be treated.

Indications for stone therapy treatment include:

- stress reduction and deep relaxation
- chronic muscle tightness
- low back pain
- general aches and pains
- chest or sinus congestion
- non-inflammatory arthritis, joint conditions and pain
- headache
- insomnia
- pre-menstrual symptoms.

**Current body homecare**
Finding out the types or products client’s use at home can help you understand their level of sensitivity to products, how well they look after their skin, if they are using the appropriate product for their concern/skin type. Inquire about the frequency they use it and whether they notice an improvement in the condition of their skin. This type of questioning can lead into suggesting more appropriate products for their skin, which you may recommend once the treatment is complete.

**Outcomes of previous body treatments**
Ask your client what their last body treatment was and how it made them feel. It can help you to understand what they enjoyed or what they did not. They may tell you, for example that they found their last massage treatment relaxing, but would have preferred more time focused on the feet. This will allow you to adjust your treatment or recommend an additional service such as reflexology relaxation techniques. It may also allow you to make a
recommendation for a different type of service which may better target their needs in conjunction with a stone therapy massage.

Once you have collected all the required information, you must devise a treatment plan, which is also to be verbalised to the client. The client’s consent needs to be obtained at this point via signature and dated.
Prepare client for treatment

When performing stone therapy, it is important to create the correct atmosphere to assist the client to relax. The spa service area should be clean, inviting and tranquil, creating a professional image. This environment will help to ensure that the client returns for successive treatments.

The care, skill and thoroughness of the spa therapist will ensure the feeling of wellbeing continues throughout the sequence of treatments. Care should be taken to fulfil the client’s expectations as far as possible, endeavouring to assist the client to achieve their treatment objective. The client should be led to a private change area where they can prepare for their treatment. A robe may be provided for use between change rooms and service areas. Usually spa service areas are laid out so that facilities and equipment are in close proximity to each other.

In general, most spa treatments are effectively performed if the client undresses completely. Many salons also offer their clients disposable underwear. Clients who have never experienced a stone therapy need to be reassured that their privacy will be maintained at all times. Sometimes this is done by asking the client if there are areas of the body they do not want massaged. If you observe that a client is noticeably uncomfortable offer them the option of wearing disposable underwear. Clients from some cultural backgrounds may find it unacceptable to expose parts of their body to a stranger. Client preferences must be respected and treated with tact and discretion.

Jewellery should be removed and ideally placed into the client’s bag. The bag should then be placed in a locker or a secure area.

For stone therapy you can keep the client’s body covered or draped and only expose the area being worked on. This makes the client feel more secure, warm and therefore relaxed. If the client is having a facial as part of the stone therapy sequence, a headband should be secured around the client’s hairline. This may need to be removed at the appropriate time if a scalp massage is part of the treatment sequence.

Show the client to the change area or to the treatment room. Give her or him clear instructions about what to remove and what to do next. For example, ‘I am going to leave the room while you change for the massage. You just need to take off all your clothing and then get up on the treatment table and cover yourself with this towel’.

Before commencing the spa treatment, check the client’s comfort. This includes checking that the client’s temperature level is comfortable. Cushions or rolled towels can be placed behind the head or under the back of their knees, where this is appropriate. The client’s comfort should be checked at regular intervals throughout the treatment.
Prepare stones and treatment area

The treatment area should be well prepared for massage and enhance its benefits. You will want to consider:

- temperature of the room
- privacy of the room
- music
- aroma
- lighting
- hygiene and health regulations
- occupational health and safety considerations
- professional presentation.

**Temperature of the room** – you will want it to be warm enough for the client so that they do not feel cold during the treatment. Warmth is necessary for the muscles to relax. However, you also need to be considered in this and if the area is too warm you will end up perspiring and this can lead to other problems like sweaty hands.

**The privacy of the room** – every care should be taken not to interrupt a stone therapy service. The client should be left alone to undress and get on the massage table and cover themselves with the provided towels. The room should be in the quietest area of the spa however it should not be isolated. This is an important consideration when working with clients of the opposite gender to you.

**Music** – this can simply mask the other noises in and around the spa or it can be carefully chosen in conjunction with the client. Some clients want no music at all; some may like the sound of natural settings such as the ocean or the forest. If at all possible allow the client to choose the background music.

**Aroma** – a fresh, pleasant aroma enhances a professional approach. Some spas use aromatherapy oils for different effects. Stone therapy rooms need to be well ventilated and after a massage the room should be aired to get rid of any body odours from the client. You will also work hard during the massage so attention to personal hygiene is important.

**Lighting** – subdued lighting which allows the client to relax is important. Some spas choose coloured lighting for different effects.

**Health and hygiene** - It is important to maintain a high level of hygiene during body treatments due to the ease with which cross-infection can occur. Consequently, whenever possible single-use products should be used and disposed of at the end of the treatment.

Before starting a treatment always protect the service area to suit the treatment. Working with oily massage mediums, for example, can cause staining which is difficult to remove from salon furnishings. Massage tables are usually covered in leather or vinyl which is easily cleaned after each client. Some salons have a fitted sheet that goes over the table and then clean massage towels or drapes are put on top for each client.
Steps to prepare the stones

- sort the stones into the order that you will need them. For example, if you are doing a standard stone therapy treatment you may have a bag of stones that are to be used on the legs, one for the back and so on. Place these bags of stones into the heater in the opposite order of use. This ensures that the stones that are to be used last are at the bottom of the heater, and those to be used first are on top of the pile.

- proper placement of the stones ensures that you know where the stones are located and can easily retrieve them, it also ensures that they are heated evenly.

- some therapists will organise the stones according to size and place them directly into the stone heater. This approach generally comes with more experienced therapists.

- place sanitised stones in heater, cover with water

- turn the heater to between 53-55°C or 117-120°F

- if using cold stones, place them in freezer or in ice water, the temperature should just above freezing when you use them

- place hand towel near heater for drying stones as you remove them

- have spare towels available near the heater. These are used to carry heated or chilled stones to the area of the client that is being worked on.
**Occupational health and safety**

This is both your concern and your employer. The quality of the treatment table is important. It should be sturdy and not move when you are massaging. The height is important for you as it should be suitable for you so that you can maintain good body position. A height adjustable table is preferable as you will be able to alter the height according to your own and to the size of the client. Some height adjustable tables are electric and this means you can alter the height during the massage according to the different massage movements you are performing.

**Width of the table** – this should be narrow enough so that you can reach the client easily but wide enough to accommodate the client comfortably.

**Length** – the standard size is around 1.8 metres. Some tables allow for the addition of a face cradle which allows you to extend the table for tall clients.

The table should be padded so that the client can lie on it comfortably but it should not be too soft so that you cannot get good pressure into the soft tissue.

Professional presentation – a room that is colour co-ordinated, uncluttered and clean is required. Extra towels and gowns can be stored in the room, so that there is no need to leave the room during the treatment.

All required tools, equipment and products should be prepared before starting the treatment. Once treatment has started you should not have to leave the client while you go to find the tools, equipment or products that you need. This creates an unprofessional image and unnecessarily prolongs the treatment time.

**Health regulations in a salon**

Within each State and Territory, there is a set of health and hygiene regulations that apply to anyone operating in the personal services industry. Every salon must follow their individual State or Territory legislation when performing beauty treatments. This legislation is in place to protect both you and your client from cross infection. Effective hygiene practices are necessary in the spa to prevent cross infection and secondary infection. Cross infections can occur through poor practice, such as the use of equipment that is not sanitised. Microorganisms are then present and may be transferred through personal contact, by touch, or by contact with infected instruments or towels that have not been sanitised.

Sanitation procedures are used to minimise or destroy the harmful micro-organisms that can cause cross infection, such as bacteria, viruses and fungi.
Provide stone massage therapy

It is assumed in the following information that you already know how to complete a basic body massage routine.

Stone therapy massage involves the placement of stones to prewarm areas and massaging with stones. Once you become skilled at placing the stones and massaging with the stones the routine will become seamless. The stones become an extension of your hands and add heat and texture to the massage.

Placement stones are preferably placed on the body when the client exhales and taken off the body when they inhale. You will need to judge the placement according to the size of the client. The temperature of the stones should not be too hot and when lying the client down on the stones you should place a cotton towel between the stones and the client.

The working stones should become your tools enhancing the massage and allowing the weight, shape, smoothness and heat of the stones to do some of the massage work for you. Just as in massage, you should be mindful of your posture, bending your knees to get the right position rather than bending your back.

The working (massaging) stones should be placed in your palm and your fingers should enclose the stone. Do not hold the stone with your fingers when massaging. This places extra strain on your hands and over time this could strain your hands and wrists.

When you get to the end of the massage stroke you can flip the stone so that the warmer side of the stone comes into contact with the client’s skin.

The temperature of the stones needs to be carefully controlled. When they are first taken out of the water they may be too hot to apply to the skin. Rest the stones for a few moments on a towel and add them to the massage when you judge the temperature is correct. Throughout the massage you should check with the client as to whether the temperature of the stones is correct for them. If you incorporate cold stones into the routine you should warn the client before you place them. Ask the client to breathe out as you apply the stone. In this way the client’s attention is focussed on the breath and on relaxation.

Fill the heater with the stones in the correct order. Each heater is different and you will need to become familiar with the time it takes to reach the correct temperature. You need to ensure that the stones are ready when you commence the massage.

To heat the massage oil you can add the bottle to the heater.

Getting the stones to the right temperature will take about 35 minutes.

Below is sample of a procedure for the application of stone therapy treatment.
Stone Massage Procedure

Preparation

Equipment/Products -
- 1 disposable fitting sheet
- 1 disposable pillowcase
- 1 large towel for face hole
- 1 small towel over placement stones
- 2 small towels in Hot Towel Cabinet (to wipe feet before and after treatment)
- 2 small towels under feet (to wrap)
- 1 small towel for bolster
- 2 large towels covering client
- 1 rolled towel for neck or pillow (optional)
- 1 large towel on tray to dry stones
- 2 purple towels for trays
- 1 purple towel to cover eyes
- Basket
- Tint bowl for jewellery
- Spatula
- 1 Bouffant Cap
- Client Record Card/Body Treatment Card/Clipboard/Pen
- Hydro-dispersible Massage Oil/Holster
- Grey plastic bowl filled with cold water
- 2 x mesh stone bags
- Thermometer
- Bain marie
- Hand sanitizer
- Glass of water for client

Stones -
3 x Placement Stones (1 Sacral, 2 Spine/Back in bag)
4 x Cold Stones (2 x small, 2 x medium)
8 x Medium Stones
6 x Small Stones
2 x Pens
2 x Foot/Toe Placement Sets (1 Small & 4 Toe Placements each - in bag)
Heating Unit/Trolley/Stone Utensil/Tray/Thermometer/Jug

Set up stones –
- 3 jugs hot water in base unit
- Float top unit with stones in
- Cover 1 cm over stones with hot water
- Position trolley/plug in/switch on
- Set temperature on approximately 2nd line (Lish) or 90°F (Lithos)
- Take plastic cover off thermometer, put in water
- Allow to heat to approximately 53°C (Lish) or 50°C (Lithos)
- Do not put lids on, keep checking temperature, adjust as required

Treatment Area Preparation -
Prepare bed with towels, have additional towels at hand
Create desired ambience (Soft lighting, relaxing music, aromatherapy etc.)
Ensure client’s privacy with curtains, screens etc.
PROCEDURE

- Greet client, perform Consultation, devise Treatment Plan, obtain Client’s consent
- Escort client to treatment area
- Advise client to remove clothing/jewellery except underpants; apply bouffant cap; lie on stomach with large towel across back
- Leave client to undress, wash hands, obtain hot towel from Hot Towel Cabinet
- Re-enter treatment area when client is ready, re-arrange towel lengthwise over client, wipe client’s feet with hot towel and apply hand sanitiser to the feet.

PRE-TREATMENT: 3 placements – 3 mins

Abdominal breathing x3, stroke, pause

Rock Client, stroke, pause

Remove Placement Stones from heater, (no oil) wrap in towel

Stone Placement on Back (depending on the size of back)

- 1 XL (Sacral/Naval Placement) - rub across with hand, rub with stone, place
- 2 L (Spine/Back/Sternum Placements) - rub across with hand, rub with stone, place

Cover with hand towel

- 4 x cold stones

BACK OF LEG: 2M stones – approx. 12 mins

Remove 1M from heater, apply oil, wrap in towel at foot

Uncover left leg

1. Effleurage x3 - ankle to buttocks/gluteals, lifting under knee, ending over toes
2. Kneading x3 - ankle to buttocks/gluteals

Pick up stone

1. Circles on heel x3
2. Effleurage x3 - flat stone, firm pressure, ankle to buttocks/gluteals, skip over back of knee, turn stone, return
3. Stripping on calf/gastrocnemius x3 - ankle to knee, deep sliding with side of stone, outside/lateral to inside/medial, turn stone, return by gliding down with flat stone
4. Circles on gastrocnemius(calf). Using the flat stone, circle up to just below back of knees, turn stone over, glide back down to just above ankle. X 3

Glide up to back of knee

5. Circles on back knee x3 - flat stone, clockwise
6. Stripping on back of thigh/hamstring x3 - knee to buttocks/gluteals, deep sliding with side of stone, outside/lateral to inside/medial, turn stone, return

Glide up to outer/upper thigh

7. Circles on outer/upper thigh x3 - other hand supports, clockwise, flat of stone
8. Circles on mid-thigh x3, circles on inner thigh x3, side pulls and side pushes
9. Effleurage x3 - flat stone, firm pressure, ankle to buttocks/gluteals, skip over back of knee, turn stone, return

Glide over heel, thumb protects, stone on arch of foot, wrap foot with towel
Cover left leg
Remove 1M from heater, apply oil, wrap in towel at foot
Repeat sequence on right leg

Remove Spine/Back placement (pressure, reverse placement procedure)
Place in heater for stomach

BACK 2M stones (working one side at a time) – approx. 15 mins

Remove 1M from heater, apply oil, wrap in towel on tray
Remove towel from back, place aside for front of body
Fold lower towel down to uncover back and top section of the buttocks

Stand at client’s side
   Effleurage x3 no stones - flat palms, moving up spine, across the top of the shoulders, around the deltoid muscle and back down the sides of the body to begin again

Pick up 2M stone
1. Half rowing stroke to the back x 3. One hand with stone beneath the other hand, place on the paraspinal muscles of the low back on the same side to which the therapist is standing. Lunge forward and apply pressure gliding over the paraspinal muscles to the shoulder (change hands at top of spine so stone is not gliding over boney areas), move across the shoulder around the deltoid and back down the side of the body to start again.
2. Hand after hand to the back x 3. One hand glides up the back for a short distance followed by the other hand. At the shoulder both hands come together in the reinforced position and glide down the side of the body to return to the starting position.
3. Long hand after hand to the back x 3. One hand glides up the back to the shoulder once it has reached the shoulder the other hand starts at the lower back and also glides up the back.
4. Reinforced circular finger kneading along the paraspinal muscles x 3. The finger pads move in a small circle away from the spine. Pressure of the stroke is emphasized at the top of the circle and lightens as the fingers complete the circle to follow the spine upwards. At the shoulder both hands in the reinforced position glide down the side of the body to the starting position. Place stone down.
5. Pick up second stone. Working on both sides of the back, one stone in each hand. With flat stone at buttock, glide up to middle of the back and start circling gently up the trapezius. Give a gentle pull and glide back down to buttock. x 3
6. Side pulls and side pushes x 3

BUTTOCKS 1 M STONE
Remove 1M from heater, apply oil
1. Reinforced circular finger kneading over the buttocks x 3. The Therapist hands are on top of each other whilst performing a variety of broad and small circular movements with the fingertips clockwise direction
2. Wide stand, Side pulls to the back x 3. Both hands reach across the client’s body to the opposite side of the waist. Glide one hand across the client’s lower back towards the midline. The other hand begins the same action alternating hands
3. 3 x reversed effleurage

REPEAT OTHER SIDE OF BACK AND BUTTOCKS

Place stones used on back and shoulders in basket
OCCIPITAL 2 Pens
Remove 2 Pens from heater, apply oil, wrap in towel on tray
1. Kneading on neck x3 - to apply oil to neck

Pick up pens
1. Circles on shoulders x3 - long side
2. Strokes x6 - thick ends, occipital down along shoulders and back, different lines
3. Circles x6 - thick ends, occipital down along shoulders and back, different lines, go lower in centre beside spine

On last line of circles, follow all the way down spine, out over hips

Place stones next to hips
1. Effleurage x1, Zig Zag movements up from hips, occipital stretch and out over shoulders, down to elbows, back up to continue hands through bouffant/hair if not covered, or finish at occipital, pause

Place pens in basket
Remove pens from feet (pressure, reverse placement procedure)
Place stones used on feet in basket

CLIENT ROLLS OVER SUPINE POSITION – 3mins (including placement)
Move large towel back up to fully cover client
Lift side of large towel as client turns
Place other large towel across chest and arms
Reposition foot towels under feet
Support neck with rolled towel/pillow
Support under knees with pillow (optional)
Cover eyes with hand towel

PLACE ONE HAND ON ABDOMEN AND THE OTHER ON THE CHEST – ask client to take a few deep breaths

STONE PLACEMENT ON STOMACH - Same stones used for back placement
- 1 XL (Sacral/Naval Placement) under naval - rub across with hand, rub with stone, place
- 2/3 L (Spine/Back/Sternum Placements) along sternum - rub across with hand, rub with stone, place
- Cold stone placement

FRONT OF LEGS 2M stones – approx. 12 mins (including foot)
Remove 1M from heater, apply oil, wrap in towel at left foot

Uncover left leg
1. Effleurage x3 - ankle to top of thigh, lifting under knee, ending over foot

Pick up stone
1. Effleurage x3 - flat stone, ankle to top of thigh, avoid knee and tibia with stone, glide down under leg
2. Stripping x3 - Slide up with side of stone, lateral side of calf, flat stone glide around knee, medial side of thigh, flat stone glide down
3. Stripping x3 - Slide up with side of stone, medial side of calf, flat stone glide around knee, lateral side of thigh, flat stone glide down
4. Kneading quadriceps x3 - flat stone, circles one hand, kneading other hand, above knee to top of thigh
5. Side pulls and side pushes x 3
6. Effleurage **x3** - flat stone, ankle to top of thigh, avoid knee and tibia with stone, glide down under leg
   **On last glide down, leave stone under knee**
   **Cover left leg, leaving left foot uncovered**

**FOOT 2 Sets Toe Stones (1S, 4 toe placements)**
Remove 1 set Toe Stones (in Bag) from heater, apply oil to 1S only, wrap all in towel at left foot
1. Effleurage **x3** - down top of foot, around ankles, one hand under, finish at toes
2. Kneading **x3** - Thumbs on top of foot, fingers underneath
3. Stroking **x3** - cupping hands over top of foot, alternate hands
4. Stretching **x3** - grasp foot, slide hands along foot to toes, pulling back with body weight

**Pick up 1S**
1. Stripping sole of foot **x3** - edge of stone, hand supporting toes, big toe side first, up and down, across and back
2. Circles on heel of foot **x3** - edge of stone, hand under heel, clockwise.

**Position 4 toe placement stones between toes**
1S Stone in arch of foot and wrap in foot towel

Remove 1M from heater, apply oil, wrap in towel at Right Foot
Repeat sequence on Right Leg
Remove other set Toe Stones (in Bag) from heater, apply oil to 1S only, wrap all in towel at Right Foot
Repeat sequence on Right Foot
Remove all stone placements on stomach, place in basket

**STOMACH 2S stones – 5 mins**

Remove 2S from heater, apply oil, wrap in towel
Ensure hand towel is covering breast, move large towel down to hips
Work from client’s right side
Apply oil to stomach with clockwise circles, left hand stays, right hand lifts
1. Effleurage **x2** - slide up to ribs, out under ribs to back, lift up sides

**Pick up both stones**
1. Sun and moon stroke over the abdomen **x3**. 2 flat stones, clockwise circles, left hand stays, right hand lifts off
2. Hand after hand over the abdomen **x3** (diamond direction) Begin movement on client’s waist on the opposite side of stance. Apply alternating palmer effleurage in a clockwise direction in a diamond pattern using the ribs and pelvis as borders.
3. Side pulls over abdomen **x3**. Glide hand across to the midline of the waist, as this hand reaches the midline the other hand follows alternating and lifting up sides stroking both sides of waist
4. Repeat to other side of the waist
5. Reinforced circular finger kneading over the large intestine **x1**. Perform small circles clockwise direction in a square pattern around the abdomen
6. Effleurage **x3**. 2 flat stones slide up to ribs, out under ribs to back, lift up sides.

**Place stones at sides on third effleurage and lift off**
Place stones used on stomach in basket
HANDS AND ARMS 2S stones – 5 mins
Remove 1S from heater, apply oil to whole arm (including Triceps), wrap in towel

Start with Left arm/hand
1. Effleurage x3 - flat palms, hand to shoulder, around shoulder, glide down
2. Knead the top of arm from wrist to deltoid and glide back down
3. Twist/Pull fingers x1 - twist and rotate joints, pulling to fingertips

Turn hand over
4. Kneading palm x3 - thumbs on palms

Keep arm turned over with palm up

Pick up stone
1. Effleurage x3 - flat stone, inner wrist to shoulder, hold wrist to steady arm, long strokes, upward only
2. Circles on palms x3 - edge of stone, clockwise
3. Circles on inner lower arm x3 - wrist to elbow, flat stone, glide back down

Bend elbow, flex arm over shoulder, place palm on bed
4. Circles on upper arm x3 - elbow to shoulder (triceps), flat stone, glide back down

Place arm back on bed
5. Effleurage x3 - flat stone, inner wrist to shoulder, hold wrist to steady arm, long strokes, upward only

Finish with stone in palm, turn hand over

Remove 1S from heater, apply oil, wrap in towel
Repeat on Right arm/hand

NECK AND DEC no stones (approx. 3 mins)
1. “Prayer” Effleurage x2 - across décolleté to shoulders, around deltoids, kneading on trapezius, up to occipital, back out to deltoid
2. Knuckling x2 - across décolleté to shoulders, around deltoids, up to occipital

Turn client’s head to side
3. Stroking up sides of neck x2 - alternate hands

Turn client’s head other way
3. Stroking other side of neck x2 - alternate hands
4. Effleurage x2 - pull upward to occipital, release

Pause on shoulders, press down
Glide off elbows to finish

- Remove foot/toe stones
- Gently stretch feet downwards and pause
- Remove all stones – under knees, hand
- Use 1 hot towel to remove oil from feet
- Help client to sit up if required/ Offer drink of water
Post treatment care of stones

You will already be familiar with the process of cleaning the treatment room after a client and setting up for the next client. However, there are some directions for the care of the stones after use on a client:

- After the massage collect all of the stones that you have removed from the heater.
- Rinse in warm water
- If the stones have become sticky with oil then you will need to spray and them wipe them with an alcohol based solution (e.g. 70% w/w ethyl alcohol)
- Immerse in warm, soapy water
- Clean by brushing with a nylon bristle brush
- Keep the stones low in the sink so that the water and aerosol from the cleaning does not come into contact with you or your eyes
- Rinse with warm water
- Place on clean towel to dry

Spas that offer many stone therapy massages will be likely to have more than one heater and set of stones. This allows for back to back treatments.

References
Lish Hot Stone Training Manual
www.lithos.com.au
http://hawaiianhotstones.com.html
http://www.rubrocks.com
http://www.naturestonesinc.com
Deal with adverse reactions

Possible adverse reactions include:

- Extreme erythema arising from the client becoming overheated or an area becoming overheated.
- Skin blemishes due to massage stimulation
- Allergic reactions of the skin or body to treatments or products
- Psychological reactions of the client to treatments who may feel claustrophobic
- Conditions which indicate client referral to a medical practitioner or other professional

If a client becomes overheated you may need to lower the temperature of the room, apply a cold stone to the area or remove some of the towelling from a limb. Check the temperature of the stones and ensure that you use them at a lower temperature.

All massage can result in a break out. If you use light massage oil and remove the oil with hot towels after the massage this should limit any breakouts. The client could also shower after the massage if they are prone to breakouts. If the client has an allergic reaction to the products this may have been triggered by the combination of heat and the product. You would have checked with the client before the massage in regard to their allergies. If the client is allergic to nuts then you should not use an oil made from that nut. Cool the area and remove the product with a cool towel. Allow the area to rest with no product on it. The allergy should reside in a few minutes. If it persists apply cool packs.

If the client is claustrophobic and reacts to the closeness of the treatment and towelling then you will have to respect their wishes and stop the massage.

A client with medical conditions will have been referred to a medical practitioner before you commenced the massage. A written clearance is required. Under these circumstances an adverse reaction should not occur. Note any adverse reactions on the client treatment card.
Provide post treatment care

Aftercare treatment is a critical aspect of the stone therapy treatment you provide to your client.

After completion of the stone therapy massage, advise your client to relax and take a slow pace in getting ready to leave the spa, if possible. As this treatment involves the application of heat and the client has been lying down advise them to take their time to get up slowly. Let them know that they may feel light-headed or dizzy when they first sit up and that this is quite normal. This is due to the effects of heat on the body. Heat causes vasodilation of the blood vessels in the superficial muscles and the skin and a redirection of the blood flow to this area and away from the internal organs. This lowers the blood pressure and if a client sits up quickly then they may feel dizzy or light headed as the body struggles to redirect blood flow from the muscles and towards the head. In some clients this adjustment needs to be taken slowly, whilst others adjust quickly. Sitting up is the first step with clients prone to dizziness, allow their body to adjust to the new position and then they can get off the treatment couch.

Advise the client to take their time in getting dressed and encourage them to let the stone therapy experience sink in rather than rushing off to their next appointment. Suggest that they spend some time in the aftercare lounge to re-orientate themselves. This lounge should have a relaxing ambience to compliment the tone of the treatment. It should contain comfortable seating with minimal noise from outside. Recommend that the client have a glass or several glasses of water kept at room temperature after the stone therapy massage to rehydrate their body. The heat or thermal component associated with stone therapy massage acts as a stimulus for the sweating response.

Replacing water in the body is vital as water is critical in temperature regulation, nerve impulse conduction, circulation, metabolism, immune system, eliminative processes and sensory awareness.
Advise on further treatment and on home care

As part of providing clients with a high quality service and assisting them to achieve their goals, you should recommend and book follow up stone therapy massage or other spa treatments for your clients. Stress to the client that it is important that they follow the recommended after-care instructions and advice as this will complement the effects of the stone therapy massage. If the client cannot visit the spa regularly, sound aftercare advice is especially important.

Aftercare may include advice on:

- Suitable products for homecare
- Future treatments: rebooking/referrals
- Lifestyle changes.

Products

These will include products relating to the spa treatment performed and will assist the client to achieve a holistic approach to their wellbeing. Other recommendations which the spa therapist could make include products such as bath salts and minerals and pre-blended aromatic plant oils.

It is common practice to show the client other products that may enhance their spa treatment. If providing the client with samples, ensure the client knows what each product does and how to use it. It is usually not good practice to supply more than two or three samples, as the client may get confused about their application. Samples given should be recorded on the client’s stone therapy massage treatment plan and follow-up questions asked at the next visit.

Always demonstrate product application to the client to ensure correct usage.

Spa products a client may wish to purchase may include:

- Marine or seaweed exfoliants
- Natural spa soap bars
- Aromatherapy oils
- Replenishing serums containing marine and herbal ingredients
- Bath additives containing ingredients such as algae, minerals and vitamins.

The client should be advised of possible reactions which can occur as a result of product use.

Lifestyle changes

Lifestyle factors play a key role in facilitating the effectiveness of a stone therapy massage and achieving mental and physical well-being. Clients attention to diet, relaxation and rest are all important considerations. Assisting the client with simple relaxation exercises, healthy exercise and diet and better care of their body and skin all contribute to the maintenance of holistic health. Recommendations can focus on:

- Dietary advice
- Stress management
- Exercise
- Water intake
- Sun protection
- Caffeine, alcohol and/or tobacco reduction
- Adequate rest and relaxation
- Meditation
- Fresh air

Offering your clients advice about the above personal lifestyle factors needs to be done with sensitivity and tact. Some clients simply are not interested but others like to discuss their options with you.

**Further treatments**

Building and launching a spa takes serious money and effort. Building a client base to support the operations of the spa is something that everyone in the spa team has an interest in. Spa competition is vigorous and there is always another business that can offer the product at a cheaper rate. Excellent customer service and technical expertise is something that the therapist can offer to the client. Remembering client’s name or details of previous discussions and treatments helps to build trust and confidence between you and the client. Rewarding regular clients and always looking for different treatment options is another way that a therapist can maintain the interest of the client. Clients expect courteous, prompt and personal attention. They will be expected to be handled with skill and diplomacy.

Recommending further treatments is part of building the spa client base and the business may have a policy on rebooking, rewarding regular clients and follow up procedures.

Whilst rebooking is good for business it also needs to be in the interest of the client. Selling unnecessary or unwanted treatments to clients is a sure way to lose their long term patronage.
Skeletal System
Muscular System

- Pectoralis major
- Brachialis
- Rectus abdominus
- External obliques
- Sartorius
- Gastrocnemius
- Trapezius
- Triceps
- Rhomboids
- Latissimus dorsi
- Gluteus medius
- Gluteus maximus
- Iliotibial tract
- Soleus
- Achilles tendon
- Hamstrings
- Sternoclavicular
- Deltoid
- Serratus anterior
- Biceps
- Adductors
- Quadriceps
- Anterior tibialis
**Glossary**

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ayurveda</td>
<td>An ancient system of Indian medicine. Ayu means life, veda means knowledge.</td>
</tr>
<tr>
<td>Basalt</td>
<td>Dark coloured, igneous extrusive rock. Commonly used in stone therapy massage.</td>
</tr>
<tr>
<td>Chakra</td>
<td>A level of energy in the body. It is part of ayurvedic medicine.</td>
</tr>
<tr>
<td>Chronic</td>
<td>Of slow onset or long standing, persistent.</td>
</tr>
<tr>
<td>Cryotherapy</td>
<td>Application of cold to treat a condition.</td>
</tr>
<tr>
<td>Curing</td>
<td>A process of preparing new stones for use in stone therapy massage.</td>
</tr>
<tr>
<td>Extrusive igneous rock</td>
<td>Rock formed from molten rock or magma that has been ejected onto the earth’s surface by volcanic activity.</td>
</tr>
<tr>
<td>Geothermal therapy</td>
<td>Sometimes this is used to describe stone therapy massage.</td>
</tr>
<tr>
<td>Igneous rock</td>
<td>Rocks formed from molten rock or magma.</td>
</tr>
<tr>
<td>Intrusive igneous rock</td>
<td>Rocks formed from molten rock or magma by a slow cooling process within the earth.</td>
</tr>
<tr>
<td>Jadestone</td>
<td>A metamorphic rock containing jadeite and nephrite.</td>
</tr>
<tr>
<td>Marble</td>
<td>A metamorphic rock formed from limestone or dolomite.</td>
</tr>
<tr>
<td>Metamorphic rock</td>
<td>Rock that is produced by chemical, temperature and pressure forces acting on igneous or sedimentary rock.</td>
</tr>
<tr>
<td>Placement stones</td>
<td>Stones that are placed on or under the body. They can be hot or cold.</td>
</tr>
<tr>
<td>Quartzite</td>
<td>A metamorphic rock formed from sandstone.</td>
</tr>
<tr>
<td>Sedimentary rock</td>
<td>Rock formed from cementing grains of minerals and rocks together.</td>
</tr>
<tr>
<td>Working stones</td>
<td>Stones that are used by the therapist to massage with.</td>
</tr>
</tbody>
</table>
Practical assessment criteria
Practical assessment criteria
Stone therapy

Unit of Study: SIBBOS504A Provide stone therapy massage

Time allowed: 15 minutes set-up

15 min consultation
60 min treatment
10 min aftercare
10 min clean up

Students demonstrate professionalism and demonstrate safe working practices

- Full uniform and closed in shoes
- Hair tied back, nails short and clean, no nail polish
- Jewellery removed
- Clear communication
- Correct hand washing and hygiene throughout massage
- Correct equipment set up with unobstructed area
- Infection control before during and after session
- No loose wires or cracks in leads

Consultation and Client Card

- Perform the consultation to determine client expectations in a professional manner
- Interactive discussion with client using open ended questions to identify and confirm requirements
- Explain the purpose, treatment objective, outcomes of stone therapy massage would meet clients’ needs and how this would benefit the client.
- Relevant contraindications are identified and discussed with client including referring to appropriate professional if required.
- Options and limitations for future treatments are assessed and discussed.
- Any variations to the treatment plan are identified and recorded
- Obtain information is consented and disclaimer has been signed
- Client card filled in accurately and legibly

Prepare and provide stone therapy massage

- Modesty and privacy is maintained as client prepares for treatment
- Stones immersed in water in temperature adjusted stone heater
- Prepared cold water bowl
- Safe delivery of the stone treatment by
- Massage oil applied
- Warming the skin performed
- Stone temperature is checked
- Hot stone massage sequence is performed according to treatment plan.
- Placement of hot and cold stones on selected body areas
- Client’s comfort and wellbeing monitored throughout
- Recognize and respond to adverse reactions
- Treatment is performed in timeframe
- Stones and Equipment used in accordance of WPHS

Reviewing of treatment and post-treatment advice

- Outcomes of treatment evaluated
- Future treatment program is recommended
- Post-treatment adverse effects explained
- Provide aftercare and lifestyle changes
- Confirm clients satisfaction and obtain feedback from client
- Homecare product use is explained and demonstrated as required
- Rebooking with any adjustments to treatment plan

**Cleaning and Feedback**
- Stones scrubbed using antibacterial wash
- Stones disinfected
- Stones dried and put back in appreciate location
- Stone heater disinfected
- Treatment area to be cleaned, floors swept and mopped
- All equipment to be cleaned, sterilized and put away
- Rubbish to be taken out
- Feedback and results.