

PRODUCTS NEEDED

- Stone Treatment Complete Kit
- Massage Table
- Sheets
- Protective Covers



PREPARATION

Prior To Treatment:

1. Fill heating unit with water so that the stones are fully submerged.
2. Set temperature to 125°F. Do not attempt to lift stones out of the unit with bare hands or apply stones to a client above recommended temperature.
3. Read instruction manual thoroughly before applying stones to a client.
4. If temperature of stones is above recommended temperature 125°F put on insulated gloves and use spoon to lift stones out of heating unit. Allow stones to cool before applying to the client.
5. Always use the thermometer to gauge temperature of stones.
6. Avoid any bony surface as to avoid unnecessary bruising.
7. Wipe excess water from stones and therapist's hands before applying to a client.
8. Always check the temperature of the stones with the client.
9. During Stone Massage treatment, adjust temperature as needed.
10. All contraindications for Swedish Massage apply to Stone Massage.
11. All draping procedures for Swedish Massage apply to Stone Massage.

All usual contraindications apply adding osteoporosis and diabetes.

PROCEDURE

How to clean stones between sessions: Turn the heating unit off. Place a towel on massage table and remove stones from heating unit and place stones in the towel. Empty heating unit bin of water and spray with alcohol, then wipe dry. Return bin back into heating unit. Spray used stones with OSHA compliant disinfectant, found in the **New Life Systems Buyer's Guide** and let dry. Place towel in the bottom of the unit and place stones back into the heating unit bin. Refill with hot water. Turn the heating unit back on and set at recommended temperature.

Step 1 Have your client lay on the table in the prone position and place a medium towel over the sacrum. Retrieve a stone for the sacrum from the heating unit bin and place it on the towel. Wrap the stone to prevent the heat from escaping. Underdrape the client's hands and feet. Retrieve four small hand stones from the unit bin. Gently place one stone on each palm of the client's hands and one stone on the bottom of each foot redraping as you go.

Step 2 Stand on the left side of the table and place your right hand over the sacral stone and place left hand between the shoulder blades at T1-T5. Begin gently rocking the client with your right hand while keeping the left hand stationary. Do this for 1-2 minutes or until you feel as though you have a connection with the client.