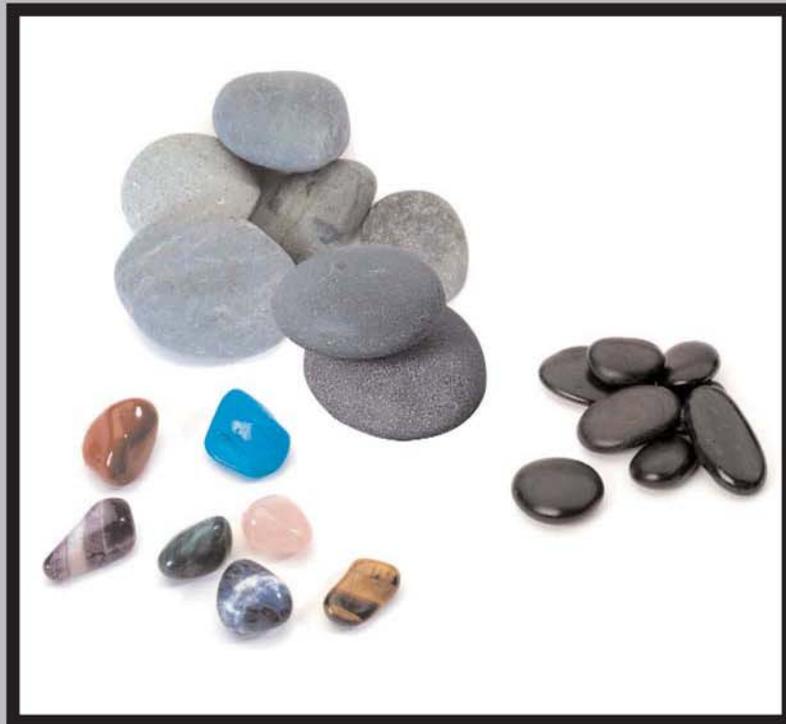


# Stone Massage Facial Stones



I N S T R U C T I O N   M A N U A L  
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## Facial Stones

What we call “stone therapy” has been a part of the eastern world’s regime of sciences for thousands of years. The ancient healing art of stone massage is used for physical and spiritual balancing.

Working in harmony, using various massage techniques and warm stones helps relax the body at its deepest level by using the gentle transformational properties of mineral and semi-precious stones.

Transmitting energy, removing blockages, dissolving stress, bringing harmony into the environment, neutralizing energies, and balancing over-stimulated areas are some of the characteristics associated with stone therapy, thus inducing a feeling of well-being.

By using various techniques such as effleurage, light friction, lymphatic drainage and tracing, circulation is stimulated. Stone massages may also change the cell activity throughout the epidermis – adding oxygen and nutrients, increasing the lymphatic flow, and removing toxins and waste products.

Facial stones may be used hot or cold. Cold stones can be used for sensitive skin or to calm rosacea or couperose skin. Hot facial stones should not be used on clients who have these conditions.

### **Known Contraindications**

- Diabetes
- Open lesions.
- Thin skin.

There may be other, unknown contraindications for this Product. For this reason, you should always recommend that your Client discuss the use of this Product as part of their spa treatment program with their health care professional before commencing treatment. Universal Companies, Inc., its officers, directors, employees and vendors cannot be responsible for any claims, damages, injuries or expenses arising from your Client’s use of this Product prior to discussing it with their health care professional or from disregarding the Product’s instructions, and you and your Client agree to hold Universal harmless from any such claims. We and our suppliers care about the health and beauty of your Clients. While we make every reasonable effort to maintain strict quality control and training standards, every client is unique and spa treatments do affect people differently. Unless you advise us otherwise, we have to assume that your Client has discussed your spa treatment plan with their health care professional and secured their approval. Doing this will make your Client’s spa experience safe and will be supportive of their overall emotional and physical well being. After all, that is the goal of us all.

## Instructions for Use

### Considerations

Stones arrive in sealed plastic bags, coated with processing oil from the tumbling and smoothing treatment. Stones should be boiled for one hour to release all of the processing oil. After boiling, stones should be washed and sanitized before being used in massage.

*Exception: Do not boil the Chakra Stones found in the Facial Stone Set (CST29). They will break if exposed to hot water. See page 10 for directions on how to clear Chakra Stones.*

## Prior to the Onset of Treatment

### Using Hot Stones

1. Place a hand towel in the bottom of the stone heater.
2. Arrange stones in the heater according to use.
3. Fill the stone heater with water so that the stones are fully submerged. Place the lid on the heater.
4. Set temperature to 120 degrees Fahrenheit. When the temperature has reached the recommended setting, turn the dial to the low setting and remove the lid. Be cautious of the temperature when applying stones to client.
5. Read instruction manual thoroughly before applying stones to client.
6. Always use the spoon to lift stones out of the stone heater. Allow stones to cool before applying to the client.
7. Always use the thermometer to gauge temperature of stones.
8. To prevent unnecessary redness or irritation, avoid placing stones on bony surface.
9. Wipe excess water from the stones and the technician's hands before applying them to the client.
10. As you begin to place the stones on the client's skin, always check with your client to ensure that the temperature is comfortable.
11. After applying a lubricant, rotate the stones in your hands gauging the temperature before you begin the stone massage. Never apply the stones directly onto the client's skin immediately after you retrieve them from the stone heater.

### Using Cold Stones

1. To chill your Aqua Cold Stones, place them in a bowl of cold water (not ice).

### Aqua Cold Stones

The effectiveness of these sedimentary stones is attributed to the nature of their mineralogy, which enhances the cold retention factor. When iced or frozen, their silky texture facilitates gliding manipulations without the use of a lubricant.



The Aqua Cold Stones are excellent in the aid of:

- ❑ Decongestion of specific areas such as orbital or sinus
- ❑ After waxing procedures
- ❑ Post-micro dermabrasion and glycolic peel procedures
- ❑ Soothing irritation that accompanies these procedures in a safe and holistic way.

### Cold Eye Moon Set & Cold Marble Eye Stones



The Cold Eye Moon set includes four stones – 2 for each eye. The Cold Marble Eye Stone set includes 2 white stones. These can be used warm or cold and can be placed on the eyes during facials and other treatments.

### Cold Stone Facial – Method 1

1. The **Cold Stone Massage** can help eliminate fluid and congestion in the face, and reduce puffiness, swelling, and redness.

To chill your Aqua Cold Stones, place them in a bowl of cold water.

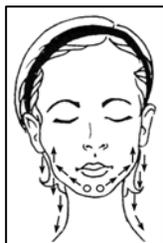


Select two small stones. Place them on the chin and slide them up to the ears and down the side of the neck as shown in the diagram. Repeat 3 times.

*Note: Check with the client for comfort level. If the stones are too cold, it will be uncomfortable rather than soothing.*

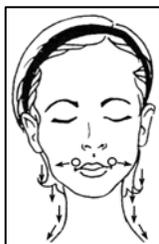


Place two small cool stones on the neck and slide them down as in the diagram. Repeat 3 times.

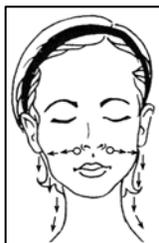


Place two small cool stones on the chin, slide them up the jaw line up to the ears, and come down on the sides of the neck, ending along the shoulder as demonstrated in the diagram to the left. Repeat 3 times.

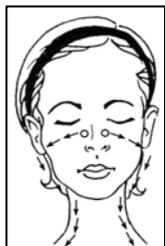
*Note: When stones begin to warm up, return them to the cold water and select two new stones.*



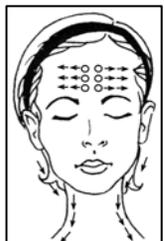
Place the small stones at the corner of the mouth and slide them outward towards the ears and downward on the sides of the neck, ending along the shoulder as shown in the diagram. Repeat 3 times.



Place the small stones on the side of the nose and slide them outward towards the ears and downward on the sides of the neck, ending along the shoulder as shown in the diagram. Repeat 3 times.



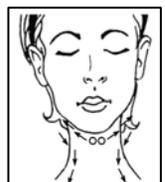
Place the stones below the eyes and slide them outward and downward towards the ears and downward on the sides of the neck, ending along the shoulder as shown in the diagram. Repeat 3 times.



Place the stones on the forehead and slide them outward toward the temple and down in front of the ears and downward on the sides of the neck, ending along the shoulder as shown in the diagram. Repeat each of the three movements 3 times.



Place the cool stones on the chin, slide them along the jaw line up to the ears, and then down on the sides of the neck, ending along the shoulder as shown in the diagram. Repeat three times.



Place the cool stones under the chin and slide them up to the ears and down the side of the neck as shown below as shown in the diagram. Repeat three times.



Place the cool stones (one on each side) behind the ears and slide them down to the base of the neck as shown in the diagram. Repeat each of the three movements three times.

### Stone Facial Using Warm or Cold Stones

1. Using a small forehead stone, apply light pressure to center of forehead and with centripetal clockwise movements, glide across forehead from right to left. Do this 4 or 5 times.
2. Next, retrieve two (2) small stones and criss-cross, with light smooth gliding movement, across the forehead. With a stone in each hand begin gliding towards mandible and then with waterfall gliding strokes centripetal to temporal and sinus areas.
3. Retrieve two (2) medium palm stones, and beginning at the temporal area circularly glide to ear area, glide to sternocleidomastoid origin and insertion and apply centripetal effleurage to entire neck area.
4. Retrieve two (2) more medium stones, beginning at the sternum use a waterfall gliding and effleurage technique to the entire décolleté area, feather off and proceed with your normal facial procedure.

## Chakra Stones

The ancient art of crystal healing uses the gentle transformation properties of stones and semi-precious stones.

When stones are placed on specific points of the body, they support the process of dissolving stress, removing blockages, and neutralizing negative energies by drawing energy away from over stimulated areas and re-energizing a depleted one, thus inducing a feeling of well being and harmony.

A balance between the chakras promotes health and a sense of well being. Chakra imbalances affect either our physical or emotional bodies. The use of crystals and gemstones aids in the re-balancing of all the chakric centers.

Crystals and gemstones respond to the electricity that is coursing through our body, and if the energy is low, the constant electrical vibrations of the stones will help to harmonize, balance, and stimulate these energies.



## The Chakra System

The word Chakra is derived from the Sanskrit word meaning wheel and signifies seven basic energy centers in the body. Each of these centers correlates to nerves extending from the spinal column. Below is a brief description of each of the seven Chakra systems.

### Chakra One: Root

This Chakra forms the body's foundation and is located at the base of the spinal column. It is representative of the earth, our survival instincts, and the sense of connection to our bodies and the physical world. This Chakra brings us health, prosperity, security, and dynamic presence.

*The gemstone related to the Root Chakra is Bloodstone.*

### Chakra Two: Sacral

The second Chakra represents the element water, emotions, and sexuality. It is located in the abdomen, lower back, and sexual organs. It creates connections between individuals through feeling, desire, sensation, and movement. This Chakra creates fluidity and grace, depth of feeling, sexual fulfillment, and the ability to accept change.

*The gemstone related to the Sacral Chakra is Jasper.*

### Chakra Three: Solar Plexus

The third Chakra is known as the power Chakra and is located in the solar plexus, which is approximately two inches below the breastbone in the center behind the stomach. This Chakra supports our personal power, will and autonomy, and our metabolism. When healthy, this Chakra results in energy, effectiveness, spontaneity, and non-dominating power.

*The gemstone related to the Solar Plexus is Tiger's Eye.*

### **Chakra Four: Heart**

The fourth Chakra is the Heart and is the middle of the Chakra System. Related to this Chakra is love and it is the integrator of opposites in the psyche: mind and body, male and female, persona and shadow and ego and unity. The Heart Chakra creates a feeling of deep love, compassion, and a sense of peace and centeredness.

*The gemstone related to the Heart is Rose Quartz.*

### **Chakra Five: Throat**

The Throat Chakra is related to our communication and creativity. Through this Chakra, we encounter the world symbolically through vibration, such as vibration of sound representing language.

*The gemstone related to the Throat is Turquoise.*

### **Chakra Six: Third Eye**

The Third Eye Chakra is also known as the brow Chakra because of its location above the brow bone on the center of the forehead. It is representative of seeing, both physically and intuitively. When healthy, this Chakra allows us to see clearly, again both physically and intuitively.

*The gemstone related to the Third Eye is Sodalite.*

### **Chakra Seven: Crown**

Located just behind the top of the head, the Crown Chakra relates to consciousness as pure awareness. It represents a connection to a greater world beyond of all knowing. When developed, this Chakra provides knowledge, wisdom, understanding, spiritual connection, and bliss.

*The gemstone related to the Crown is Amethyst.*

### **Chakra Stone Placement**

This includes the customization aspect of your facial service. Incorporate semi-precious Chakra stones on all Chakras or just specific areas you wish to focus on.

While the client is masking, you can also apply Cold Stones to the eyes and incorporate Chakra stones to specifically chosen areas.

Place semi-precious stones in any arrangement or chosen pattern, or they may also be totally intuitively selected and placed.

<u>Chakras</u>	<u>Corresponding Gemstones</u>	<u>Purpose</u>
<b>Crown</b> (violet, white)	<b>Amethyst</b> crystal, alexandrite	Conducts peaceful energy, aids intuition interfacing pure consciousness
<b>Third Eye</b> (indigo)	<b>Sodalite</b> opal, indigo sapphire	Helps recognition, expression of truth, physical manifestation.
<b>Throat</b> (blue)	<b>Turquoise</b> aquamarine	Balances the body, intellect and emotions, awakens inborn talent and compassion.
<b>Heart</b> (green)	<b>Rose Quartz</b> kunzite, green jade	Heals the heart and emotional wounds, promotes forgiveness and compassion.
<b>Solar Plexus</b> (yellow)	<b>Tiger's Eye</b> citrine	Grounds and centers, brings awareness of ones needs.
<b>Lower Abdomen</b> (orange)	<b>Jasper</b> moonstone, tourmaline	Nurturing protects against negativity, balances feeling and emotion.
<b>Root</b> (red)	<b>Bloodstone</b> agate, garnet	Balances the body and emotion.

*Traditionally there are 7 Chakras and these are energy centers of the etheric body balancing the Chakras is not only beneficial to well-being but also the only way of uniting the individual soul with universal consciousness.*

### Clearing Chakra Stones

A stone or crystal may need to be cleared before using. The clearer the energy of a healing stone, the more powerful it is. Crystals and healing gemstones need to be cleared before the first use of the stones after purchase as well as after every use. There are several ways to clear crystals and gemstones.

- 1. Sea Salts:** Salts can be mixed with water or used dry. To use salt water, mix a tablespoon of sea salt in a glass or ceramic cup of cold water. Do not use plastic or metal containers. Place the stones in the solution and allow stones to soak overnight.

*To use dry salt, place the sea salt in a glass or non-plastic container and bury the crystals with the points facing downward into the salt. Again, leave overnight.*

Sometimes a stone may take longer to clear. If this is the case, leave another day or two in the sea salt.

Be sure to use sea salt only since table salt contains aluminum and other chemicals. For those who live by the ocean, salt water can be used to gently wash the gemstones.

- 2. Moonlight:** Moonlight is another way of clearing your stones. Place outside from the Full to the New Moon. The amount of time used varies with the sensitivity of the healer and the amount of material from which the stone needs cleansing.
- 3. Dried Herbs:** Burying your crystals in a cupful of dried herbs will also clear them. Suggested herbs are rose petals, sage, frankincense, myrrh, and sandalwood. This is a gentle and fragrant way to clear crystals but will take longer than sea salt.

4. **Bury in Soil:** Crystals may be buried into the earth. Simply dig a hole the size of your crystal, place your crystal point down, and cover with soil. The amount of time needed is personal choice. Be sure to mark your burial spot to make sure you find your stone again. A flowerpot will also work to bury your stone in for clearing.

### Precautions

- ◆ *It is not recommended to place gemstones and crystals in sunlight, as many stones tend to fade their colors in the sun.*
- ◆ *Never use warm or hot water as this will fracture or break your crystals.*

### How to clean stones between sessions: *(Don't place Chakra stones in hot water or heater)*

1. Turn the stone heater off.
2. Remove stones from the stone heater and place the stones on a towel.
3. Empty water from the stone heater and spray with alcohol, then wipe dry.
4. Spray used stones with alcohol or antibacterial soap and place stones back into stone heater. (If using them for cold stone treatments, place them in cold water rather than the stone heater.)
5. Refill with hot water.
6. Turn the stone heater back on and set at recommended temperature.

### How to clean stones at the end of the day: *(Don't place Chakra stones in hot water or heater)*

1. Turn the stone heater off.
2. Remove stones from the stone heater and place in hot water and anti-bacterial soap.
3. Wash each stone individually and place on a towel to dry.
4. Empty the water from the stone heater and spray with alcohol, then wipe dry.
5. Place stones back into the stone heater.
6. Do not turn the stone heater back on until you are ready to use the stones for a treatment.

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