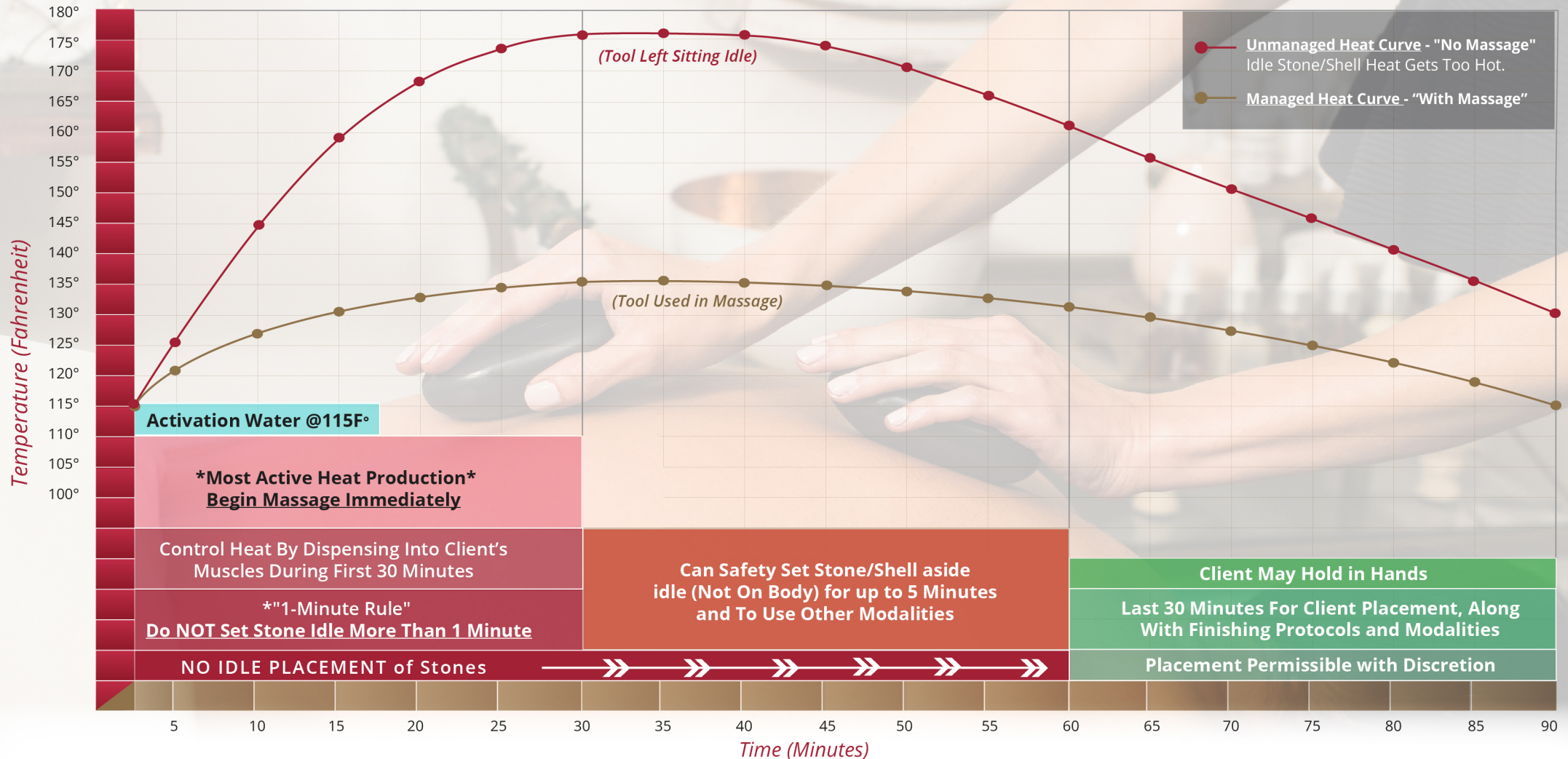


# Managing Self-Heating Charges



## IMPORTANT DETAILS:



**\*1-Minute Rule:** Do not set activated stones idle for more than 1-minute during the first 30-minutes. As Needed Use Damp Towel Heat Management Technique.



The hotter the Stone/Shell, the more it must be used in motion, massaging the client, and using all surfaces to dispense the heat.



Client heat perceptions vary significantly. Therapists are responsible to understand, control, and monitor HEAT LEVELS to ensure client safety and check their comfort level frequently.