

thermabliss Stones & Charges FAQs

1. Q: When do I activate the stones and charges?
A: After client is on the table.
2. Q: How much water is required per mineral charge?
A: Each packet tear line is also the water line/measuring cup.
3. Q: Do we need to preheat the stones?
A: Yes, before your service, fill stones with hand wash warm – hot water to take the “chill out” of the stones. When ready to use, pour water out a follow proper steps.
4. Q: Can we use hot water out from a water dispenser?
A: NO! That is considered boiling water. A hot water dispenser water temperature is about 94°C or 201°F.
5. Q: What temperature should the water be when activating the minerals?
A: Hand - wash warm to Hand – wash hot water (110°F – 120°F or 43.3°C – 48.9°C). If it's too hot for you to hold your hands in it for 30 seconds, it's too hot to activate.
6. Q: Can I dump the minerals down the sink after use?
A: No, they could clog the drain. Always dump the minerals inside a trash can. They are non-toxic, biodegradable minerals.
7. Q: Can the stones be placed?
A: **NO! DO NOT PLACE** thermabliss stones.
8. Q: How can you cool down the stones if I need to put them down for a long period? *Example: more than 3 minutes for BL 1.0 and 1 minute for BL 2.0.*
A: Anytime you need to put the stones down, use the wet cold washcloth by wrapping the stone with it.

9. Q: Can I flip the stone if I choose to?

A: Yes, after the first 30 – minutes. We recommend you **do not** use the silicone cap side on the client for the first 30 – minutes.

10. Q: Can you use lotion with the stones?

A: Yes, you can use oil, lotion, cream, gel, and cbd products.

11. Q: Is there any contraindications using the stones?

A: The contraindications are the same as traditional hot stones.

12. Q: Can the stones break?

A: Yes, if dropped on any hard surfaces. Examples: Hard wood floors, tile, concrete.