



### **3 Basic Rules for Using Hot Stones**

1. Use Stones/Shells in the first 30 minutes
2. Cool down using a cold, damp wash cloth
3. DO NOT Use Silicone Cap Side on the client's skin for the first 30 minutes

### **Stone Resting Station:**

*This area is very important whenever the stones are not in use.*

Prepare the cool damp towel and place in the bowl. Click link to watch video:

<https://www.dropbox.com/scl/fi/6vu5l2l7hmtt7ahhu4a2o/Towel-Preparation.mov?rlkey=o1y7jzzyqoix47paljxroytb6&st=q345jjk5&dl=0>

Place the dry towel and bowl on any open counter space.

1. To rest and reheat the stones, place stones on the dry towel for up to 1-3 minutes (depending on which charge is in use).
2. To rest the stones for an extended period (more than 1 minute for the BL 2.0, 3 minutes for the BL 1.0), wrap them in the cool damp towel.
3. To cool down the stones, brush/wipe the stone surface with a damp towel for several seconds.