

BODY LEVEL 1.0 Stone/Shell Activation

1. Preheat the System

For **warmer** treatments increase water temp by +5°F
For **cooler** treatments decrease water temp by -5°F



115°F
46°C

WATER

If water source temperature is too low, increase it or use electric kettle/thermos



STONES*

*Preheat stones to 115°F/46°C
Bring stones up to temperature using hot water



Option: Use thermometer to get precise water temperature

2. Activate the Stones



ADD CHARGE

Pour minerals into stone



115°F
46°C

ADD WATER

Fill packet to the top of tear line



ACTIVATE

Pour water into stone.
Replace cap

3. Begin massage within 3 minutes

- Use stones consistently during massage for the first 30 minutes to transfer the heat from the stones to client's tissues where needed
 - Resting stones for 3 minutes in between use is permitted
 - Wrap in damp towel to cool stones if they become too warm
- After first 30 minutes, you are free to set stones aside to use other modalities
- **Prevent Burns:** Stationary placement of stones on client is prohibited!