



Theratools Professional Guide to Stone Use, Safety & Care

Designed for Massage Therapists

◆ Getting the Most from Your Stones

Massage stones are more than tools—they're extensions of your hands. This section introduces the core differences between stone types and how temperature, texture, and care techniques impact treatment results. Whether you're soothing inflammation, deepening muscle work, or creating grounding rituals, knowing how to select and maintain your stones is essential to safe, effective bodywork.

◆ Temperature Safety & Usage Guidelines

Mastering temperature control is key to delivering safe, effective stone treatments. From heating basalt for deep tissue work to cooling marble for facial decongestion, proper thermal use protects both your client and your tools—ensuring consistent results and long-term performance.

General Safety Tips

- Always test stone temperature on your **inner wrist or forearm** before applying to client skin.
- Use professional stone warmers with **regulated temperature control**—never heat in microwaves.
- For cold stones, use a **refrigerator or a bowl of cold water with ice** (do not freeze, as it may damage the stone or cause thermal shock).
- Avoid placing stones on client's bare skin for long periods unless actively moving or using a barrier (e.g., towel or cloth).
- Gradually introduce hot or cold stones to prevent temperature shock to the client.

Therapist Safety Tips

- Use tongs, gloves, or a towel to handle hot stones—**never reach directly into a stone warmer** with bare hands.
- Avoid touching the heating element or the base of the warmer directly.
- Always **allow heated stones to cool slightly** before testing them on your own skin.
- When working with cold stones, use a dry cloth to prevent slipping due to condensation.
- Take care when transporting stones between stations—use padded trays or caddies to avoid dropping.

Stone-Specific Temperature Use

Basalt

- Ideal for hot stone massage.
- Excellent heat retention.
- Preheat to 120–130°F (48–54°C) for safe, sustained warmth.
- Best for deep tissue and full-body massage.

Soapstone

- Adaptable for warm or cold therapy.
- Heats and cools faster than basalt.
- Excellent for **shorter-duration** temperature applications.
- Avoid sudden temperature changes.

Marble

- Used exclusively cold.
- Maintains chill well without becoming too intense.
- Best stored in a **bowl of cold water or water with a few pieces of ice** before and during treatment.
- Never heat or freeze—may crack due to thermal shock.
- Ideal for puffiness, inflammation, or facial therapies.

Himalayan Salt

- Can be used **warm only** (not hot).
- Limit heating to around 110°F (43°C).
- Prolonged moisture or overheating can erode and degrade the stone.
- Great for grounding rituals and gentle exfoliation.

◆ Care & Sanitation Best Practices

Consistent care and sanitation are essential for client safety and the longevity of your tools. This section provides clear guidelines on how to clean, disinfect, and store each stone type to support a hygienic and professional practice.

Basalt, Soapstone, and Marble

- Wash with warm, soapy water after each use.
- Apply an **EPA-registered disinfectant** (wipe or spray).
- **Ensure full wet contact time (typically 3–10 minutes)** as listed on the product label.
- Rinse if required, then pat or air dry thoroughly.
- Store in a dry container or organizer to prevent chips or microbial growth.
- Avoid sudden temperature changes (e.g., from freezer to hot warmer).

Himalayan Salt

- Never soak or submerge.
- Wipe gently with a damp cloth to remove debris.
- Spray with **Thymol-based disinfectant** (e.g., Thymocide) and let sit **wet for 10 minutes**.
- Dry immediately and store in an airtight container in a **dry environment**.
- Smooth rough spots or buildup using **fine grit sandpaper** as needed.

◆ Stone Storage Best Practices

Proper storage preserves stone integrity and helps maintain spa hygiene standards.

- **Basalt, Soapstone, Marble:**
Store in a **padded box or tray** with compartments to prevent chipping. Allow to dry fully before closing lids or drawers. Use soft cloths or foam liners between stones when traveling.
- **Himalayan Salt:**
Keep in a **sealed, dry container**, ideally with a desiccant packet in humid climates. Do not store near water sources or in steamy environments. Allow stones to air dry completely before sealing.