

TheraTools® Stone Comparison

We believe intentional tools create intentional outcomes. Use this guide to understand the unique properties of each stone—so you can select with purpose, work with confidence, and deliver treatments that feel as good as they function.



Stone Type	Temperature Use	Recommended Use	Client Benefits	Density (g/cm³)	Durability	Care Instructions
Basalt	Hot (retains heat well)	Full-body massage, deep tissue and long-stroke techniques, as well as stationary placement for warming key areas	Deep warmth softens muscle tissue, improves comfort during intense pressure, enhances relaxation, and supports circulation in targeted zones.	High 2.8-3.0	Very durable	Wash with warm, soapy water. Disinfect with EPA-registered spray/wipe (3-10 min). Dry thoroughly.
Soapstone	Warm or Cold	Trigger point therapy, scraping, cross-fiber friction, and targeted bodywork	Maintains steady heat or cold during focused techniques; supports deeper tension relief and enhances precision work.	High-Medium 2.6-2.9	Moderate (avoid impact or thermal shock)	Wash with warm, soapy water. Disinfect with EPA spray/wipe (3-10 min). Avoid temperature extremes.
Marble	Cold only	Contrast therapy, cooldown after deep work, and spot treatment	Cooling effect calms overstimulated tissue, helps reduce post-treatment tenderness, and supports tissue tone reset.	Medium 2.6-2.8	Fragile (can chip or crack)	Wash with warm, soapy water. Disinfect with EPA spray/wipe (3-10 min). Store in cold water or ice water bowl during use. Avoid heating.
Himalayan Salt	Warm only (short-term)	Gentle body massage, grounding rituals, and stationary placement for energy balancing or warmth zones	Provides trace mineral contact, gentle exfoliation, and warming comfort; effective for centering work and subtle energetic grounding.	Medium-Low 2.1-2.3	Low (softens with moisture and use)	Do not soak. Wipe with a damp cloth. Disinfect with EPA Thymocide spray (10 min). Sand rough edges with fine grit sandpaper. Store in dry container.