

**FULL-BODY THERAPY:
HOT & COLD STONE MASSAGE**

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History of Hot Stone Massage

Stones have been around since the beginning of time. Stones have been used for divination, warmth, healing and protection since the beginning of the human race. As a human race we have used stones in a variety of ways to honor, for building, for divination, to commune with spirits, for protection and for healing. In every culture and in every race we see traces left behind for all to see throughout every region of the world.

The Australian aboriginal shamans use stones to commune with spirits. The Mayans and Druids used stones for divination. Some cultures even say that the stones carry with them memories of the ancient, the memories of all events on this planet.

The Japanese used stones to warm their abdomens to aid digestion. The Chinese have been using hot stones to relieve muscular pain for some 4,000 years. In China a 1,000-year old jade massage knuckle was discovered that is now part of the body roller collection at the World Massage Museum. Some practitioners and historians of traditional Chinese medicine believe that stone therapy actually dates back as far as 5,000 years, combining the influences of both China and India. Stones are believed to have been used either hot or cold for placing on sore muscles.

Influences in North America are the Native Americans who used stones for healing by placing heated stones on tired and sore muscles as well as in rituals like the Sweat Lodge. Another North American influence on modern stone therapy is the Hawaiian stone massage tradition that was developed mostly independently. Volcanoes and volcanic stones (basalt) are abundant in Hawaii. Smooth basalt stones and guava tree sticks were traditionally used in Lomi-Lomi treatments.

Types of Stones

For Hot Stone massage

Therapists today are using hot stones for their therapeutic value as well as saving themselves from repetitive stress injuries. Hot stones help with increasing blood circulation and the body's metabolism as well as decreasing stress, tension and tissue stiffness. Hot stone massage is one of the most requested therapy methods, with cold stone therapy quickly becoming just as popular, throughout the salon, massage & spa industries.

Basalt is the most sought-after stone for hot stone massage because of the ability to remain hot for longer periods of time than any other stone. Basalt is usually dark in color although there are light colored basalt stones as well. Because of the high iron content, these stones tend to be very dense which allows them to remain hotter longer than any other stone.

Since these stones are used as tools during a massage it is important that care is given to the size and shape of each stone that you use. The best shapes to use are round, oval and oblong shaped stones. These shapes allow the stone to fit comfortably in your hand, making it easier to perform a variety of massage strokes and techniques. Make sure you chose stones that fit the size of your hands and are comfortable for you to hold. Using stones that fit your hands will make the session less taxing on you while making it seem to your client that the stones are an extension of your hand. Round and oval stones are best for such stokes as effleurage, petrissage, and cross fiber while the oblong or longer stones are best used as deep tissue tools for such strokes as trigger-point or compression for example.

In choosing your stones, it is important to notice the texture of each one. A smoother texture will help the stones glide easily over the body and make it seem, to the client, as if the stones were soft. This provides maximum workability during the massage and comfort for your client. Slightly rougher or blemished stones are good to use for placement stones in such areas as spinal layout, neck, hand, and belly.

For Cold Stone Massage

Using cold stones increases muscle tone while at the same time decreasing muscle spasms, pain, inflammation and swelling. The combination of hot and cold stones can help to heal injuries as well as acute and chronic pains much quicker due to the combination of vaso-dilation from the hot stones and the vaso-constriction from the cold stones. White marble is best for cold stone massages because of its ability to remain colder than any other stone in nature at least 11 degrees cooler at room temperature. Marble also feels softer than ice without the mess and discomfort associated with melting ice. It can be used at varying degrees of cold by either putting it in a freezer, on ice in an ice chest or at room temperature.

Marble's composition is basically metamorphosed limestone. Once limestone is subjected to heat and pressure, the calcium carbonate re-crystallizes into marble. Because marble is mined from the earth in large, rough shapes it is mostly handcrafted through a series of carving and polishing procedures.

Since marble is handcrafted there is typically a wide variety of shapes and sizes to choose from; whatever your style, technique or method might be. The best shapes to use are round, oval and oblong shaped stones but there are a variety of shapes to choose from for either placement or working. The shapes will allow your hand to conform to the marble making it easier to work with. Again make sure you chose stones that are good fit (proper size) for your hands and are comfortable for you to hold. Getting stones that fit your hands will make the session less taxing on your hands and will make it seem to your client that the stones are an extension of your hand.

This manual will focus on how to use both hot basalt and cold marble stone for therapeutic purposes. You are provided ideas and information on effective techniques, stokes and precautions to help you incorporate the use of hot and cold stones during a stone massage session. Care was taken to design a video and manual that will allow you to blend the methods taught, with your own particular style and technique, as each therapist is uniquely different.

Hydrotherapy/Thermotherapy/Cryotherapy

Hydrotherapy is defined as the therapeutic use and/or application of water to the body to promote healing by changing the physiological responses within the body.

Thermotherapy is defined as the use of heat for the therapeutic treatment of disease or disorder.

Cryotherapy is defined as the therapeutic use of cold for treatment of diseases or disorders.

Basalt stones are placed in water and heated to a certain temperature and Marble is either placed in ice or cold water to cool them this in turn is considered **Hydrotherapy**.

When using heat or **Thermotherapy** on the body, the internal body temperature begins to cool itself by directing the flow of blood toward the surface of the body and away from the internal organs to keep the organs cool. Once heated blood reaches the brain this tells the hypothalamus to cause skin vessel dilation and sweating. Heat loss then happens through the mechanisms of direct convection heat transfer from the body to the environment and from the evaporation of moisture from the skin, a.k.a. sweating.

When you using cold or **Cryotherapy** on the body, the internal body temperature will warm itself by directing blood inward toward the internal organs to keep the organs warm and the shivering reflex is triggered, helping to raise the internal temperature of the body.

The ability of the body to maintain a relatively constant internal environment despite changing external conditions is called **Homeostasis**. The use of hot and cold on the body is called **Contrast Therapy**.

Procedures/Practice

Types of techniques and strokes

Cold and hot stone therapy can be used with many different massage techniques such as:

Swedish

Effleurage
Petrissage/kneading
Compression
Friction

Deep Tissue

Pin & Stretch
Stripping
Cross Friction
Rolling

Trigger Point

Energy Work

Indications for Hot Stone Massage

Contraindications for Heat

- Any acute inflammation or injuries
- Any condition where client has loss of sensation as in Neuropathies, Diabetes, Injuries or Trauma to the nerves.
- Elderly clients or young children (keep temperatures low)
- Pregnancy
- Heart Patients or those with High Blood Pressure
- Any acute skin condition or contagious skin condition
- Anyone on medication that has heat side effects (chemotherapy or radiation)
- Anyone with a depressed immune system
- Or any conditions where massage is contraindicated
- **WHEN IN DOUBT – DON'T!**

Indications for Hot Stone Massage

- Arthritic and Rheumatic conditions
- Fibrositis, Synovitis
- Sprains, Strains & Contusions
- Back pain
- Muscle spasm
- Joint Stiffness
- Sub-acute and chronic back ache
- Trigger points
- Nervous tension / Emotional stress

Physiological Effects of Heat

- Increases Body Temperature
- Increases Pulse rate (by 10 for every 1 degree increase in body temp)
- Increases respiration rate
- Increases oxygen consumption and metabolic rate
- Peripheral vasodilatation
- Increases Circulation
- Decreases blood pressure
- pH becomes more alkaline
- Increases in excretion from kidneys

General Therapeutic effects of Hot Stones

- Increases the extensibility or the ability to stretch of collagen fibers
- Decreases chronic joint stiffness
- Relieves pain
- Relieves muscle spasms
- Increases blood flow
- Can assist in removal of edema and waste products from areas of injury

Precautions for Hot Stones

The temperature of the stones is very hot (120° - 140° F / 48.9° - 60° C) and people's heat tolerances vary. The heat of the stones can burn someone who is older and has thinner skin or someone who has a low tolerance to heat. Hot stones can also increase a person's internal temperature and cause dizziness so make sure to take a health history prior to beginning a hot stone massage. Please remember to always be very cautious when using hot stones, they can and will burn your client's skin if proper procedures and precautions are not followed.

Indications for Cold Stone Massage

Contraindications for Cold

- Anyone with impaired circulation
- Heart conditions
- Anyone with loss of sensitivity or neuropathy
- Previous frostbite or other hypersensitivity to cold such as Raynaud's disease or Lupus
- Poor kidney function
- Hypothyroidism - causes further reduction in basal metabolic rate
- Open wounds or skin conditions
- Asthma
- Advanced Cardiovascular disease because of increase in systolic blood pressure
- Slows wound healing by slowing cell metabolism
- Any Rheumatoid conditions
- Or any conditions where massage is contraindicated

Indications for Cold Stone Massage

- Swelling
- Muscles Spasms
- Headaches
- Pain
- Sprains, Strains & Contusions
- Sports injuries

Physiological Effects of Cold

- Peripheral vascular constriction
- Decreased tissue metabolism
- Decreased edema
- Decreased pain
- Increased respiratory rate
- Increases muscular tone
- Increases blood pressure and heart rate
- Short applications will stimulate
- Long applications will sedate

General Therapeutic Effects of Cold

- Reduces muscle spasm by breaking the pain-spasm-pain cycle.
- Reduces spasticity when muscle temperature is reduced. Used to move muscles so that they can be reprogrammed to increase motor skills as in sub-acromial bursitis.
- Relieves pain through its direct effect on nerve fibers and receptors
- Reduces Inflammation in the early phase
- Reduces swelling in edema in the acute phase
- Secondary effect of cold is heat and body restores normal temperature

Application Times

- Application times must be adjusted to reach the area to be treated. Ligaments need more time because of the depth and type of collagen fibers.
- Times must be adjusted according to the size of the injured area, the nervous system sensitivity and the amount of adipose tissue present.
- Start with a minimum of about 5 minutes and check to see how cold the area is.
- Maximum time should be no more than 10 minutes.

Precautions for cold stones

Lymphatic vessels decrease after about 10 minutes of cold therapy. Since lymphatic vessels drain fluid away from injured tissues and thereby relieve swelling, researchers recommend that cold be applied to damaged tissues in no longer than 10-minute intervals. Cold marble can also burn or cause frostbite if the skin is not protected.

Using the combination of hot and cold stones will help the body pump blood and lymph throughout the body. Hot stones dilate the blood vessels while cold stones constrict the blood vessels. The opening and closing action of the blood vessels produce a pumping action within the circulatory system, which brings in more blood to the lungs and heart. The oxygenated the blood moves into the muscles, helping to heal and relax the muscles as well as the client. As you work on your client, you will be constantly evaluating temperature and positioning of the stones to ensure an optimal experience for the client. Please remember to always be very cautious when using cold stones, they can and will burn your client's skin if proper procedures and precautions are not followed.

Choosing Your Stones

Choosing your Basalt Stone Set

Making sure you have the correct stones for you is important, not only will it make your sessions effortless but it will also save your hands from strain. Make sure you choose stones that are the right size and shape for the function you are using them for but are also comfortable for you to hold. Be careful not to get stones that are too large for your hands. The stones are not only hot but they are also slippery with oil and you need to have a good hold on the stone, while you are doing your massage, so it does not slip and either fall to the floor on your foot or drop onto your client.

Here is an example of a typical hot stone set and what they are used for:

50 Piece Working Stone Set – Hot Stone Set

- 8 - Spinal Layout Stones
- 8 – Large Back/Thigh Stones
- 8 – Medium Body/Working Stones
- 8 - Small Body/Working Stones
- 2 – Palm Stones
- 4 – Facial Stones
- 8 – Toe Stones
- 1 – Pillow/Neck Stone
- 1 – Contour Stone
- 2 – Acupressure/Trigger Point Stones

EXTRA (for the session outlined in this manual, this stone was added)

- 1 – Sacrum Stone

Spinal Layout Stones – These stones are used as placement stones under a client's back on either side of the spine.

Large Back/Thigh Stones – These stones are for massaging the larger muscle groups like the back, gluteus and thighs.

Medium Body/Working Stones – These stones are for massaging medium sized muscle groups like arms, chest, or neck.

Small Body/Working Stones – These stones are for massaging smaller muscle groups like the hands, feet, or forearms.

Palm Stones – These are placement stones for underneath the hands while client is supine or on the hands while client is prone.

Facial Stones – These stones are for working on the face.

Toe Stones – These stones are placement stones for in between the toes.

Pillow/Neck Stone – This stone is a placement stone for underneath the neck while client is supine.

Contour Stone – This stone is for massaging and working the larger muscles around large boney prominences like hips or shoulders. Be careful not to put too much pressure on the bones.

Acupressure/Trigger Point Stones – These stones are for working trigger points and acupressure points throughout the body as well as reflex points on the hands or feet.

The following stone is usually not in the **50 Piece Working Stone Set** but can be ordered separately to complement your set. This stone is used in the session outlined in this manual.

Sacrum Stone – This stone is a placement stone to place on the client's sacrum when they are prone.

Choosing Your Stones

Choosing your Marble Stone Set

When choosing your Marble Stone Set, remember to choose stones that are the right size and shape for the function you are using them for but are also comfortable for you to hold. **Notice: Please be careful not to drop any of the Marble stones as they will break if dropped.**

Here is an example of a Marble stone set and what they are used for:

14 Piece Basic Specialty Set

- 1 - Sacrum / Belly Stone
- 1 - Single Taper Oblong
- 1 - Double Taper Oblong
- 1 - Small "C" Stone
- 1 - Large Raindrop Wedge
- 1 - Medium Sculpting Stone
- 1 - Half Wedge Stone
- 1 - Vee Wedge Stone
- 2 - Large Round Stones
- 2 - Medium Working Stones
- 2 - Small Round Stones

EXTRA (for the session outlined in this manual, this stone was added)

- 2 - Crescent Eye Stones
- 2 - Small Face Stones
- 2 - Medium Face Stones
- 1 - Pillow/Neck Stone

Sacrum/Belly Stone – This is a placement stone for either the sacrum or belly.

Single Tapered Oblong or Double Tapered Oblong – This is a working and deep tissue tool in areas such as the feet, hands, legs or arms.

Small “C” Stone – Can be used for placement or massaging. This one is best used for smaller muscles groups such as in the arms.

Large Raindrop Wedge, Medium Sculpting Stone, Large Raindrop Wedge, Medium Sculpting Stone, Half Wedge Stone, and Vee Wedge Stone - These stones can be used as working stones and/or deep tissue tools. They vary in size and shape allowing for use on different muscle groups as well as different therapist will find some more comfortable than others.

Large Round Stone - These stones are for massaging the larger muscle groups like the back, gluteus and thighs.

Medium Working Stones - These stones are for massaging medium sized muscle groups like arms, chest, or neck.

Small Round Stones – These stones can be used for placement with the spinal layout stones or for working smaller muscles on the body.

The following stones do not come with the 14 Piece Basic Specialty Set but can be ordered individually to complement your set. This stone is used in the session outlined in this manual.

Crescent Eye Stones - These stones are for placement beneath or above the eyes, to aid in decreasing puffiness.

Small Face Stones – These stones are good for massaging on the face especially around the eyes.

Medium Face Stones - These stones are good for massaging the face especially cheeks, chin and forehead area.

Pillow/Neck Stone – This stone is a placement stone for underneath the neck when client is supine.

Supplies needed for Hot/Cold Stone Massage

- Set of sheets (flannel work best)
- Oil (Avoid creams or lotions as most make the water and stones slimy)
Also be aware of client's allergies to nut oils, preferably use
Grapeseed oil, jojoba, or safflower oil)
- 3 Hand towels (preferably light colored)
- 1 Large towel or blanket
- 2 Pillowcases
- 18qt. Hot Stone Heater (designed for hot stones)
- 1 bowl with cold water for cooling the stones if too hot
- Chlorine free shock product (to keep water clear)
- Cooking thermometer (waterproof)
- Plastic slotted spoon (no metal please)
- 1 Small mesh bag (for toe stones)
- 1 Medium Mesh bag (for facial stones)
- 1 Large Mesh bag (for spinal stones)
- 1 Small to Medium Cooler (for marble stones)
- Ice or cold water to cool marble stones inside cooler

Setting up your workspace

Prepare for your session by setting up your workspace. You want to make a space that is comfortable, relaxing and inviting, as much for your client as for yourself.

Find a spot in your room where you want to set up your heater. Get a good sized sturdy table to set the heater on. The table should be large enough to accommodate the heater, a towel to dry the stones, the slotted spoon, bowl with cold water and cooler filled with ice and marble stones.

For your safety, you should always wear closed toe shoes when doing a stone massage. Stones may accidentally drop off a client or may slip out of your hands, since the stones are slippery with oil, so it is best to protect your feet as much as possible. Also for you're your own health, correct posture is important, you should keep your back straight and knees bent during the massage, using your legs to lean into the strokes and applying pressure.

Heating Your Stones

Controlling the temperature of the stones is extremely important, for yourself as well as your client. It normally takes about 1 hour to heat the basalt stones all the way to their core. Keep your hot stones between 120 – 130 degrees F and never transfer the stones directly from the heater to your client. Always use a waterproof temperature gauge/thermometer to keep an eye on the temperature of the water and help control the temperature of the hot stones. Always be mindful of your client's comfort level. **Never lay the hot basalt stone directly onto your client's skin as the heat of the stone can burn their skin.** Use a sheet, towel or pillowcase to put between your client's skin and the hot stones. Always introduce the stone with the back of your hand before turning your hand over and placing the hot stones on their skin. Please remember to take all of the necessary precautions with the hot stones.

Cooling Your Stones

Marble stones can take only about 10-15 minutes in ice for them to get cold enough to use. **Never lay the cold marble directly on your client as the cold marble can burn their skin as well as the hot stones.** Use a sheet, towel or pillowcase to put between your client's skin and the marble stones. As with hot stones, always introduce the stone with the back of your hand before turning your hand and placing the cold stone on their skin. Please remember to take all of the necessary precautions with the cold stones as well much as with the hot stones, always being mindful of your client's comfort level.

There are different ways of cooling your stones, depending on the type of work you are doing, placing them in a plastic bag in the freezer or refrigerator and using the bag to keep them together. Keeping your stones in a refrigerator will keep them ready to use at a moments notice. At room temperature, the marble will stay at approximately 11 degrees colder than any other stone and will not be as drastic a cold as when they are frozen. You can also place them in a cooler, adding either ice or cold water to make them colder. Make sure to place a small towel in the cooler so the marble stones don't bang the sides or bottom of the cooler and crack. Marble is much more fragile than basalt stone and will break if not treated carefully.

Massage Table Set up

Before placing sheets on your massage table, put down either a large towel or blanket. This is to provide a layer of protection for your table against the hot stones. The stones can be hot enough to either melt or soften the plastic covering that your table is made of and this will shorten the life of your table. Many massage therapists have a fleece massage table cover for their table; this will work to provide the necessary barrier between the stones and your table. Once you have the protective cover on your table you can set up your sheets.

Make sure you have enough pillowcases to put between your client and the stones when you do the placement stones under your client so you do not burn your client with either the hot or cold stones, typically you will need only 2 pillowcases but it is better to have extra just in case needed.

With the stones at the correct temperature and with everything else in place, you are ready to begin.

How To Do A Full Body Session

To start your hot and cold stone massage session, retrieve the hot spinal layout stones from the heater and dry them. Leave them aside on the table for a moment and help your client sit up. Be sure to provide the necessary help that they need to sit up, so they don't have to strain.

Once your client is sitting up get your spinal layout stones and begin placing them starting at the sacrum on either side of the spine moving up to the scapula. You can also incorporate some of the cold stones beginning with the placement of the spinal layout. At this point you can also incorporate some of the cold stones beginning with the placement of the spinal layout. As you begin placing the spinal layout stones you can alternate between hot and cold stones on either side of the spine. If your client has mentioned that they have back pain and/or spasms in their back the combination of the hot and cold stones on the back will help to relax the muscles the hot stones relax and the cold stones to break the spasm cycle. The cold stones also tend to numb the nerves, which helps to alleviate the pain. The combination of the hot and cold stones stimulates the nerves between the hot and cold that the client may not be able to discern the difference between the hot and cold. Once the spinal stones have been placed cover the stones with a pillowcase or towel and help your client to lay down making sure that the spine is between the stones and not on the stones directly.

Continuing with the placement of stones, place the hot toe stones, palm stones, and neck/pillow stone. You can place either a hot or a cold neck/pillow stone in this area. Slide the neck/pillow stone under the pillowcase beneath their neck and ask your client if it is comfortable. If your client gets overheated from the hot stones or has a history of headaches, placing a cold marble neck/pillow stone beneath their neck at the occipital ridge can keep them cool as well as help to alleviate any headaches they may have.

If your client is female and they have or get cramps, while the client is laying supine, putting a couple of cold stones on their low belly, beneath and on either side of the belly button, can help with relieving cramps as well as bloating or swelling. You can use either a medium or large round stone depending on the size of your client and remember it must be over the sheet not directly on the body.

After the placement stones are in place, undrape and oil the leg you are going to work on. Begin with medium round hot stones to warm up the tissue. Starting at the feet and moving up the legs. Introduce the stone with the back of your hand this lets your client know that you will be massaging them with the hot stones. When the hot stones begin to cool off you can, either place them beneath their legs and leave them there to continue to relax the muscles, and get 2 more hot stones, continuing massaging with the hot stones and warming the tissue. Once you have warmed up the tissue sufficiently, and you find some tight muscles or trigger points, you can switch to the cold and use the deep tissue tools beginning on the feet using either a single or double tapered oblong tool or just work on areas of tension that you may find. If working on the feet you can do some reflexology work or just trigger points on areas of the feet that may be sore. As the marble begins warm up, replace it with another cold marble stone from the cooler. Work up the legs doing some stripping, compression and trigger point work. The combination of the hot (which causes vasodilation) and cold (which causes vasoconstriction) will push out the blood and fluids and bring in fresh oxygenated blood.

Never place stones directly on the body after they have been removed from the heater, you must always introduce the stone with the back of the hand first before placing on the body. Work for a maximum of 10 minutes with the cold stones on tight areas and then switch back to hot again. The hot, of course, relaxing, and the cold reducing any swelling in the area. When done with the leg re-drape and move on to the other leg. Repeating the same strokes and movements with the other leg, when you are done re-drape and move up the body.

Once done with the legs move on to the arms. You may have clients with arthritis in or even bursitis, and if not in the acute stage, you can massage those joints using the combination of hot and cold stones which will help bring down any swelling as well as increase circulation. If, you are working on a client with arthritis or bursitis and it is in the acute stage do not work on that particular area. You can work lightly over the joint and the muscles around it with a small to medium round hot stone and mostly doing light pressure effleurage, since you are on the joint itself. Working on the joint with the hot stones will help to relax and lengthen the tendons and ligaments. Using cold on the joints will help bring down any residual swelling. The hot stones relax the muscles around the joints for better movement. Then move on to the cold stones, on the forearms and upper arms you can use the sculpting tool, the single or double tapered oblong stones or the half wedge stone for effleurage, cross friction or trigger point.

When done with the arms move up to the chest and neck. While standing at the head of the table you can work on the chest with the medium working stones to relax the pectoral muscles, and as mentioned earlier, you can use cold stones if you find any tight areas. As you move on to the base of the neck or the occipital ridge cold stones can help with headaches. Massaging the neck beginning with hot stones, moving on to cold and back to hot will relax those tense neck muscles. Using a variety of strokes like stripping, trigger point and/or compression with both the hot and cold stones will relieve any tension in the neck. For the neck, the best stones to use are the single or double tapered oblong stones since the neck muscles are long muscles groups and it is better to get to

and work with. You can also use the sculpting tool for the neck to do some stripping. As you work on the neck hold the neck with one hand, turn the neck slightly and work on the exposed area with a deep tissue tool doing, either stripping or compression strokes and then repeating for the other side and finishing up with the hot stones to warm the area again.

When you are done with the neck you can move on to the face, the face is very sensitive so make sure the stones are just barely warm when you introduce them to the face, massaging with small hot stones doing light effleurage to warm up the tissue then placing cold crescent eye stones over the lower eye to bring down any puffiness and then massaging with the cold face stones. The cold stones on the face can bring down any swelling or puffiness around the eyes and tones the muscles of the face minimizing wrinkles. The massage strokes on the face should be light effleurage, then finishing with the small hot stones.

When you are done with the front of the body, remove all the placement stones beginning with the toe stones, hand stones, belly stones and any other stones you may have tucked. Replace the stones back into the heater for the hot and cooler for the cold where they belong. When the placement stones have been removed help your client sit up so you can remove the spinal placement stones. Remove the spinal layout stones but leave the pillowcase in place and have your client turn over. Place one hand on their lower back and use the other hand to slide either a cold belly stone or a hot belly stone under their belly. Some people may have stomach issues and the cold stones can sometimes help more than the hot stone.

Once you have placed the belly stone get the sacrum stone and place on your client's sacrum, over the sheet.

Begin at the legs again and undrape the leg you will be working on. Begin with the large hot back stones to warm up the tissue using effleurage strokes, then move on to the cold stones. Remember you can do the same thing on the back of the legs that you did on the front. You can work on the feet again with a deep tissue tool, such as the single or double tapered oblong to do some reflex points on the feet. The Vee Wedge can be used for the calf and thigh, doing effleurage, petrissage and stripping as well as trigger points. Some clients may be athletes, runners, bikers or hikers and have tense muscles in their legs and working with the combination of the hot and cold stones will relax those muscles. Once you are done with working with the cold stones move back to the large hot back stones to warm the area again. Re-drape the leg and move on to the other leg and repeat.

As you move up the leg to the hamstrings changing to the larger stones and warming up the area with effleurage and petrissage strokes will relax muscles. The hamstrings are a large and dense group of muscles and working with the larger stones will be beneficial. Once the area has been warmed then switching to the deep tissue tools or the medium stones and doing a variety of techniques like pin & stretch, rolling, compression and trigger point on areas of tension, with both the hot and cold stones will

loosen up those tight muscles in the hamstrings. Remember that the muscles of the back are larger and you can use larger stones to work with.

Moving on to the arms, remove the hand stone, you can leave the hand stone on the table or put back in the heater to warm up again, on the arm you will be working on and using small to medium hot stones warm up the tissue with effleurage and petrissage strokes. Then moving on to the cold using the single or double tapered oblong, begin with the hand. You can do some stripping on the hand and then move up to the forearm using the oblong stone to do stripping or trigger points on areas of tension, or use the medium round stones to do some effleurage and petrissage. When finished with the cold on the arms get a couple of the small hot stones and do some effleurage to warm the tissue again. When you are done with that arm re-drape and put the palm stone back and do the same thing to the next arm.

When you are done with the arms re-drape and move on the back. Un-drape the back to the sacrum, sometimes people can have problems with their lower backs, shoulders, or upper back. Your client had already been laying on stones so their back should be warmed up already and this should also have helped to relax their back muscles making it easier for the therapist to work on them.

Take out two large round hot stones from the heater. Introduce the stones to the back at the shoulders with the back of your hand and then turn them over on the down stroke. The lower back is more sensitive and if you introduce the hot stones on their lower back they will most likely tense up because of the heat and/or the cold. Begin with the hot stones doing effleurage and petrissage strokes to warm up the tissue as well as helping you to find out where the areas of tension are. When you find areas of tension or knots you can switch to the cold stones using the large teardrop to work on the tight area doing some stripping, compression, or trigger point along the back. You can also use either of the oblong stones or the working stones to do some cross fiber. Be careful of the spine and any bony landmarks such as the ribs and scapula. Doing combination strokes as well as combining the hot and cold stones will help to relax you client and help them with any issues they may have.

When you are done with the massage, remove all placement stones and ask your client to hand you the belly stone. You should not reach underneath them to get any stone always have them hand to you. Make sure that all the stones have been removed.

Before your client gets up off the table you can do what is called a **vascular flush**. Since the back is already undraped you can also undrape both legs then get one large hot stone from the heater and one large cold stone from the cooler. Beginning at the lower leg, leading with the cold stone in one hand followed by the hot stone in the other, slide the stones up one leg to the upper back/shoulder area crossing over one shoulder to the other shoulder and moving back down the other side of the body to the other lower leg. This will help to refresh and revitalize them and they will be refreshed, awake and able to drive home. Stand at the head of the table and put both hands on their back, have your client take a few deep breaths and then you are done.

Clean up

Make sure to turn off your heater. Then you can either empty the stones into a bucket to wash them in a sink or you can get a couple of large plastic bowls one with soapy water and one with clean water so you can wash your stones. Empty the heater of all the stones and drain out the water, clean and scrub the sides of the heater pan to get rid of any oily residue. Return the heater pan back to the heater and put in a fresh, clean, white or light colored towel. Wash your stones in the sink or bowls and as you wash and rinse them you can replace them back in the heater. The spinal stones, toe stones and facial go back in the mesh bags and the rest of the stones in the heater where they go. You can then wash the cold stones and the cooler as well. If you had ice in the cooler and there is some left then dump it out. Scrub and clean the cooler put in a towel and replace the clean marble back into the cooler for your next session.

WARNING: Natural materials, such as stone, may absorb or retain heat or cold at different rates (depending on various factors), which may not be easily predicted by individuals unfamiliar with their use or application. Care should always be taken to assure that these products are never over heated or cooled, or used in any manner that may cause injury.

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