Ellisons®
The Academy

Stone massage

Online training manual



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Stone massage

A complete mind, body and soul treatment. Learn how to incorporate warm and cold stones in to your massage treatments.

The stone massage online training course comprises both theory and practical modules.

You will work independently through the theory modules, completing a series of question and answer sections to assess your learning progress. You will have access to the stone massage training manual together with a video tutorial to guide you through the step by step process. In addition, one of our professionally qualified trainers will be available to address your personal requirements as you work through the course content.

You will have successfully passed once you have completed the theory modules, Q&A's and submitted your assessment video which we will assess and provide feedback.

Supporting training manual

This manual supports the online training course, use it to help you work through the modules. Each module includes an examination these must be completed online to move through the course, the treatment video is available to view online at the end of module 5.

To pass the course and to gain certification pass the final examination and upload the videos requested of you performing the treatment.

The certification is accredited by International Practitioners of Holistic Medicine (IPHM) and is used to gain insurance.

Stone massage
Contents

Module 1: Introduction

Unit 1: Welcome **4**

Module 2: The treatment

Unit 1: About Stone massage **5**

Unit 2: Aims and outcomes **6**

Unit 3: Features and benefits **7**

Module 3: Anatomy

Unit 1: Chakras **8-10**

Unit 2: Thermotherapy **11**

Unit 3: The healing process **12**

Unit 4: Contra-indications **13**

Module 4: Equipment and product knowledge

Unit 1: Equipment required **14**

Unit 2: Product knowledge **15-17**

Module 5: Treatment procedure

Unit 1: Set up and preparation **18-20**

Unit 2: Treatment step by step **21-27**

Module 6: Post procedure

Unit 1: Aftercare **28**

Unit 2: Contra-actions **29**

Unit 3: Frequently asked questions **30**

Unit 4: Troubleshooting **31**

Unit 5: Next steps **32**

Module 7: Assessment

Unit 1: Practical assessment **33**

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Welcome

Welcome and thank you for choosing the stone massage online training course.

You will work though the modules at your own pace, answering the end of module examinations to test your learning. You are required to submit a practical demonstration of yourself performing a stone massage treatment which will be assessed by an Ellisons educator.

You will have completed the course when you have passed all of the required theory, module examinations and received notification of your competent practical assessment. You will then receive an accredited certificate to download.

Please email any questions throughout your learning experience to academy@ellisons.co.uk we will respond by the next working day.

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Introduction to the treatment

Stone therapy offers the therapist an opportunity to incorporate warm and cold stones into massage treatments as well as introducing new treatments to the menu. We offer an approach which is totally flexible allowing you to personalise and customise your treatments. You are encouraged to use many of your existing massage skills in addition to incorporating the movements and traditional stone therapy techniques. Whether you have a background of beauty therapy, sports massage or holistic therapies you will learn how to adapt the treatment to suit your business, your clients and you.

Basalt and marine stones are used in the treatment. These stones are used for their physical formation and their energetic properties. At a holistic level these stones are said to offer strength, self-control and positive energies to the physical and spiritual body. This is the reason why stone therapy is regarded as a complete mind, body and soul treatment. The origin of the stones is important, they must come from a country of high energy and low pollution.

Stone therapy is a holistic treatment, we recommend you gain an appreciation of the physical and emotional effects of the treatments and at the end of your training select the aspects of the course you feel are most suited to your business.

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Aims and outcomes of the course

This course is designed to ensure you:

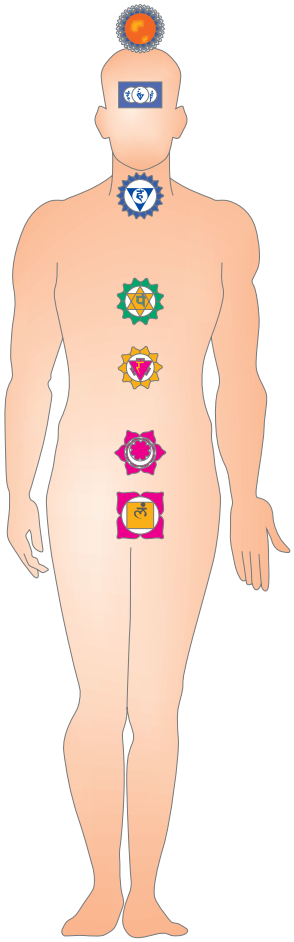
- Maintain safe and effective methods of working when performing the treatment
- Effectively consult, plan and prepare for the treatment with clients
- Understand the importance of checking the temperature of the stones prior to working with them
- Recognise your posture and deportment is important to prevent RSI
- Recognise, understand and follow all safety procedures
- Identify the different stones and understand their uses
- Understand and perform the procedure required for a stone massage treatment
- Recognise the features and benefits of the treatment
- Identify opportunities for your business
- Understand the importance of aftercare and communicating this effectively to clients

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Features and benefits of the treatment

- Circulatory system is stimulated, helping to bring nutrients to the tissues
- Helps to improves the muscular and nervous system functions
- Helps to improves lymphatic circulation, promoting the removal of fluids and toxins
- Decongest and balance the body
- The effects of the warm stones on the physical body are greater than in a manual massage, one stroke with the warm stones is equivalent to up to ten strokes with your hands
- The heat from the stones can soften adhesions and help reduce fibrous nodules
- Skin conditions can improve due to the flexibility of the connective tissue of the dermis, helping to improve the condition of collagen and elastin fibres in the dermis
- Stone therapy will help balance the parasympathetic part of the nervous system, helping to balance stress levels
- The central nervous system is sedated by the heat helping the client to feel calm and relaxed
- Cold stones can reduce inflammation and soreness of a muscle when used with sports or remedial treatments
- Cold stones can refresh, cool and balance the client at the end of the treatment
- By using cold stones on the face it can give a temporarily lifting effect improving contours
- Stones can be incorporated into existing treatments
- Treatments can be personalised and customised

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Chakras

Chakras have been part of Indian traditions and healing rituals for over 4000 years. A chakra is regarded as a centre of energy believed to be a few centimetres away from the body. The term chakra means 'spinning wheel'. The main seven chakras are situated over the midline of the body beginning at the base of the spine moving upwards to the crown on the top of the head.

The seven chakras are associated with colour, elements and the vital organs. Should an organ not be functioning properly the chakra balance will be affected.

These are the names of the seven main chakras:

Upper chakras	Bridging chakras	Lower chakras
1. Crown chakra	4. Heart chakra	5. Solar plexus chakra
2. Third eye or brow chakra		6. Sacral chakra
3. Throat chakra		7. Root or base chakra

Physical associations of the chakras

On a physical level the chakras correspond with the nerve ganglia where there is a degree of nerve activity together with the internal structures and organs and the endocrine glands.

Should your client be suffering from physical symptoms in any of these areas, the associated chakra spin will be affected and the whole of the body energy unbalanced. For example if there is too much energy in the large intestine due to diet intolerance such as irritable bowel syndrome this will affect the sacral chakra. If there is too much energy in the digestive system due to diet intolerance such as heartburn, stress, allergy to food, poor diet, medication this will affect the solar plexus chakra.

If there is too little energy in an area this will also affect the associated chakras. For example a history of urinary infections or spasmodic menstrual cycles will affect the sacral chakra. If a client smokes, suffers sore throats, cough and colds and lacks exercise it can affect the upper chakras.

Sacral chakra

Associated with the colour orange and the element water. If this chakra is not functioning properly a person may lose creativity and drive. Existence may seem pointless and lack of energy may reduce sexual drive. It is a physical and emotional chakra. Physically this links to circulation, the bladder and reproduction.

Solar plexus chakra

Associated with the colour yellow and the element of fire. When unbalanced a person feels despondent and their ego may be hurt. The chakra governs attitude to personal power, sensitivity and strength of character. Physically links to digestion.

The heart chakra

Associated with the colours pink and green and the element of air. When unbalanced a person may feel insecure or unloved. This chakra is concerned with all forms of love and harmony in our daily lives. Physically links to the heart and lungs.

Throat chakra

Associated with the colour blue and the element of ether. When unbalanced there is a loss of ability to express oneself. This can lead to frustration and tension. This chakra is related to communication and expression. Physically links to the throat, voice and ears.

Third eye chakra

Associated with the colour indigo and connects to the mind. When unbalanced a person may suffer headaches, nightmares and loss of concentration. This chakra is related to memory and imagination and provides a connection with the divine for the more spiritual person. Physically links with the eyes, memory and the forehead.

Crown chakra

Associated with the colour violet and connects with the spirit. When unbalanced a person may be confused, impatient and indecisive. This chakra is related to thinking and decision making. It is classed as the master chakra as it interprets information from the other six chakras. Physically links to the brain.

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Using semi precious stones on the chakras

Each chakra colour links to the colours of the aura. By using a semi-precious stone in the area of each chakra, the vibrations of energy and colour will resonate with the chakra and the aura. Semi-precious stones can channel life force (positive energy) into the physical and subtle bodies and channel negative energies out. The vibration given by each crystal depends on its colour, density, shape and size. The clearer stones have higher vibrations and coloured denser stones have lower, narrower vibrations.

The crystal and chakra layout

Chakra	Colour	Crystal
Root	Red	Bloodstone (green with red)
Sacral	Orange	Jasper (red/orange)
Solar plexus	Yellow	Tigers eye (stripy yellow/brown)
Heart	Green/pink	Rose quartz (pink)
Throat	Blue (sky)	Turquoise (light blue)
Third eye	Indigo	Sodalite (navy, speckled)
Crown	Violet	Amethyst (light purple)

Colours of the chakras are also the colours of the seven layers of the Aura.

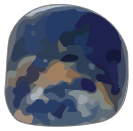

Bloodstone


Jasper


Tigers eye


Rose quartz


Turquoise


Sodalite

Alternative approach

You may offer your client all seven semi-precious stones and let them choose between one and three. They will always be drawn to the colours and energy that their body needs. By placing the crystals on or near the body they will flood the subtle energy field (aura) with positive energy and enhance the vibrational energy of the treatment. You cannot do any harm with the semi-precious stones. If your client is not comfortable with the use of semi-precious stones lay them on the floor under the couch in line with the corresponding chakra.

Re-energising your stones

Over time the stones will hold negative energies so they will require re-energising when necessary. There are a number of ways of doing this and you should select the option that suits you and your business.

- Sprinkle sea salt over dry stones overnight or place the stones on a bed of salt
- Reiki and/or meditation
- Place outside during a thunderstorm.
- Run natural spring water or tap over the stones
- Aromatherapy oils can be used
- Place in the sunlight
- Place under the moonlight (full moon is best)
- Return to the earth for a few days
- Use clusters of labradorite crystal

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Thermotherapy, warm and cool stone treatment

The use of the warm stones is most popular for the main treatment. It gives deep relaxation as the warmth is both relaxing and comforting to the client resulting in a calm state.

For a remedial massage approach, the alternating application of warm and cold stones is extremely effective in helping to heal the tissues.

For a treatment variation alternating warm and cool stones during massage will provide a refreshing effect on the client.

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The healing process

Any treatment that is affecting the body at its deepest level may create a healing crisis. Some healing reactions are negative and some are positive. A healing crisis occurs when a congested or stressed body is suddenly relaxed. The change of the physical and mental state of the client may induce the symptoms explained below.

Symptom	Positive or negative	Reason for symptom
Light headed feeling	Negative	Client needs to be grounded more, check diet for allergies, check environment for strong perfumes
Headache	Negative	Client needs to be grounded more, check diet for allergies, check environment for strong perfumes
Bloated stomach	Negative	Client has too much energy in their solar plexus chakra
Tiredness*	Negative	Client needs to be grounded more
Detached from reality	Negative	Client needs to be grounded more
Excessive urination	Positive	Due to the removal of toxins the kidneys have been stimulated
Perspiration	Positive	It is the body cleansing itself
Numbness	Positive	Chi (energy) is flowing
Aggravated skin conditions	Positive	Due to the removal of toxins
Disturbed sleep	Positive	It is the body re-balancing itself
Tiredness*	Positive	It shows the body needs rest
Burping and flatulence	Positive	The body is ridding itself of toxins
Shivering	Positive	The body is releasing blocked energy
Aching old injuries	Positive	The body is healing itself on a deeper level

Ensure your client follows the homecare advice, especially drinking lots of water to help ease the removal of energy blocks and toxicity.

***Please note:** tiredness is listed as negative and positive. This is dependent on the client's needs. The therapist will assess at consultation how they would expect the client to react with regards to tiredness.

Contra-indications

- Epilepsy
- Heart disease
- Recent haemorrhage
- Active migraine
- History of thrombosis or embolism
- Diabetes
- Muscular dysfunction
- Dysfunction of the nervous system
- Skin disorders/diseases
- Cuts or abrasions in the area to be treated
- Recent operations/scar tissue
- Infections
- Pregnancy
- Loss of feeling in the skin
- High or low blood pressure

Whilst contra-indications will prevent or restrict the treatment there are some circumstances when it is acceptable for you to proceed with caution after adapting your treatment protocol. If you are in any doubt request a letter from your client's GP or do not carry out the treatment.

Module examination

Complete the module examination online to move to practical assessment module.

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Stone massage

Unit 1: Equipment required

Equipment required

- Client record card
- Selection of towels
- Selection of oils
- Stone heater unit
- Set of basalt stones
- Marine stones (optional)
- Thermometer
- Insulated gloves
- Net
- Wooden spoon
- Semi-precious chakra stones (7)
- Large bowl
- Thermal pocket for stones

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Basalt stones

Basalt is formed from the lava which is expelled when the volcano erupts. The lava cools and hardens forming basalt. Basalt stone is a mass of many minerals, it is fine grained, dense and hard. After millions of years the basalt stone becomes completely smooth mainly due to the rivers and the sea beds it has been washed along. Basalt stone can be completely natural or they can be tumbled. Basalt stones are said to be a gift from mother earth.

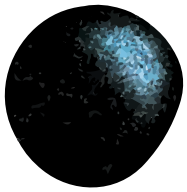
Characteristics of basalt stones

- Basalt stones heat up quickly
- The working temperature for basalt stones is 49°C (around 120°F)
- When working with basalt stones they will retain heat for up to three minutes (depending on client)
- When laid on the couch or wrapped in a towel basalt stones will retain heat for approximately ten minutes. Larger basalt stones will hold their heat longer than smaller stones.

Safety warning: do not place basalt, marine or marble stone in a microwave, oven or autoclave as there is a risk the stone may explode.

Uses of basalt stones

Please note: never place large stones directly on to the client's skin. Always place material between the warmed stone and the skin.



Large stone



Medium stone



Small stone



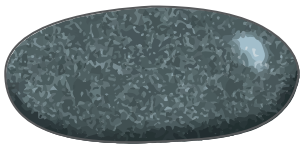
Cosy finger/toe stone



Trigger point stone



Extra large basalt stone



Contouring stone

Large basalt stones, placing stones

These stones are laid on the couch for the client to lie on and are placed on the main chakra points of the body, they are too large to perform massage. Always ensure material is placed between large stones and the client's skin.

Medium basalt stones, massage stones

These stones are often called palm stones. They are used mainly for massage and vary in size slightly to ensure they fit all areas of the body.

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Small basalt stones, massage stones

Nugget sized, these small stones are perfect for smaller areas. Massage can be performed on hands, feet, scalp, neck, shoulders and face with these smaller stones.

Cosy toe stones, placing stones

Small, flat pebbles traditionally used to tuck between the toes. If desired they can also be used between the fingers.

Trigger point stones, trigger work and massage

Oval shaped stones ideal for trigger point work around areas such as the scapula and trapezius. The oval shape makes them easy to handle and the oval ends give a more specific pressure point application. They can be used in any treatment requiring pressure or trigger point application.

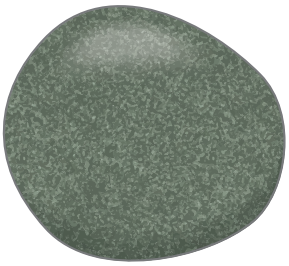
Extra large basalt stone, placing on or under the client

This large smooth stone creates a perfect warming area and is very comfortable to lie on. When the client is lying prone position the stone underneath the client's abdomen (sacral chakra area) or solar plexus. Place a towel between the stone and the skin.

Contour basalt stone, neck pillow

This curved shaped stone can be used to cushion curved areas of the body, this stone is ideal for beneath the neck or knees. Place a towel between the warmed stone and the skin to form a pillow.

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Marine stone

Marine stones

These are dark green coloured stones, they are abundant in the ocean basin and are also formed from plant life and on the coral reef. They are naturally smooth and are ideal for many massage techniques as they feel silky on the skin. They can be used with or without oil or lotion.

Marine stones naturally hold a cool temperature. This can be reduced further by using one of the following methods:

- Placed in a bowl of cold water for 10 minutes or until required
- Placed in a dry bowl in the fridge
- Placed in the freezer in a plastic bag or box (for sports or remedial massage techniques)

There is no set working temperature for these stones. It is important to remember that stones that are too cold are as dangerous as stones that are too hot. For general massage procedures cold water is normally sufficient. For sports or remedial massage techniques where ice is often used, the marine stones can be used from the fridge or freezer.

There are a number of examples of when cold or cool stones can be used to great effect:

- At the end of a body treatment to refresh, cool and ground the client
- In remedial and sports treatments
- On the face to de-sensitise and vaso-constrict
- On the face to give temporary lifting effect
- Around the eyes for reduction of bags and dark circles
- In the hands to cool a client down
- On the feet when the feet are very hot or aching
- Over the abdomen when there is over activity of digestion or elimination

Module examination

Complete the module examination online to move to practical assessment module.

Set up and preparation

Preparation of the stone heater

- Always follow the safety procedures
- Place a face cloth in the base of the stone heater to reduce noise
- Arrange the stones into the stone heater
- Pour warm water over the stones. Do not fill to the top, leave approximately a 4cm space. Cover with the lid.
- Switch the machine on to pre heat for two to ten minutes (ensure the stones are warmed through completely).
- Once the desired temperature of 49˚C-60˚C (around 120˚F-140˚F) is reached turn the setting to operating range and remove the lid.
- Follow the manufacturer's instructions of the stone heater you are using.

Safety procedures when using the stone heating unit

- Always follow the manufacturer's instructions when using the stone heating unit
- Use the thermometer to test the temperature of the water before using the heating unit and throughout your treatment at regular intervals. Recommended temperature for stone therapy is 49˚C to 60˚C (around 120˚F-140˚F)
- Allow your unit to cool before removing insert to change water and clean
- If you cannot hold a hot stone comfortably in your hands, you should not be using it for any part of the treatment, this includes placing on towels or underneath towels in certain areas of the body. In this instance the stones must be allowed to cool before use
- Do not carry units with hot water in around the salon
- Do not immerse your bare hands into the hot water, use the gloves and spoon to retrieve stones
- Be aware that the outer shell of the heater gets hot
- Therapist to test the heat of the stones prior to applying them to the client's skin
- Always check the temperature of the stones with your client
- Do not switch on the heater when it is empty of water
- Ensure the water cannot splash onto the client's bare skin, check the position of the heater in relation to the client
- Ensure the heating unit is on a stable surface and the mains lead is not trailing across the floor
- To lift the stones use the insulated gloves and spoon. Place the stones on a towel before positioning on the client and allow to cool to a suitable temperature
- If the stones are too warm for use directly on your client, rotate them in your hands then transfer this heat to your client using a manual massage until the stones cool

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Cleaning the heater and the stones

At the end of each day unplug the heater and allow the water to cool before removing the insert, carefully take this to the sink to be emptied. Wash with anti-bacterial soap and water. Do not use alcohol or abrasive cleansers. The stones will need to be washed with anti-bacterial soap and warm water to remove the oils and dead skin cells. Rinse with cold water and dry them. Re-stock the stones into the heater without any water in until you next use it. Between clients, providing you have not returned any used stones to the heater you can top up the water in the heater and wash the stones as above, then re-stock the heater ready for your next client.

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Protecting the therapist

The stones will give positive vibrations to the client and will absorb the negative energies flowing out of the client's body. The stones offer the therapist protection and your client deeper treatment effects.

It is important to protect yourself from your clients who will subconsciously take your positive energies and put their negative energies on to you. This could leave you feeling physically exhausted, mentally drained and unbalanced.

Concentrate on making yourself centred during the day, this will keep your mind focused and your aura will be complete and resilient. Ground yourself before and after every treatment.

Visualisation techniques

Before every treatment spend a few moments with your hands resting just above your client's body. Ask your client to close their eyes and slowly take a few deep breaths through their nose and out through their mouth. While this is happening close your eyes and visualise a bright blue sky. In the sky visualise a vibrant rainbow. Spend a few moments with this image placing yourself into the centre of the rainbow. The colours you see are the colours associated with the seven main chakras of the astral body and they relate to the colours of the aura. Every time you lose concentration during the treatment visualise the image again.

To connect with your client you can stand at the head of the couch, your hands on or just above the client's head and visualise a white light coming from the sky entering your body through your head down your arms to your hands and then entering your client's body through the head.

Regular use of these techniques will ensure you have positive energies for your clients on a continual basis. You will only release a certain amount of positive energy and you will resist absorbing negative energies from your client. At the end of the day you will feel much fresher and brighter.

Starting position of client

This can be on the front or back of the body. The routine starts on the client's back.

Direction of movements over the body

It is recommended that you begin at the top of the body and end with the feet when working with vibrational energies to keep the client grounded. You may alter this direction of movements if you desire.

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Treatment step by step

The back

1. Client lies down on their front with palms up, hands by sides of their body. Cover with towels.
2. Retrieve the following stones from your stone heater:

- five large stones
- four small stones

3. Place the stones as follows:

- Ask the client to inhale, as they exhale place a large stone on the root chakra
- Place two large stones, one on the back of each knee over the secondary chakras
- Place two large stones on the hamstrings in a place where they will sit comfortably
- Place two small stones in the palm of the hands (ensure they are not too hot)
- Place the last two stones on the soles of the feet; if this is not possible place the stones within this area

Stones are not to be placed directly on the skin at 49˚C (around 120˚F) Material must be between the stones and the skin. Small stones placed here must be a comfortable temperature before placing in the hands or on the feet.

4. Retrieve eight palm (medium) stones from the stone heater and two trigger stones.
5. Connect with your client standing at the top or side of the couch, visualise a white light entering the top of the head.
6. Standing at the top of the couch, uncover the client's back. Spread oil onto the skin.

First set, medium

7. Begin by rotating a stone in each hand, put the stone down and massage the back with your warm hands. Repeat process until the two stones are ready for use.
8. Begin the back procedure by standing at the top of the couch. Tell your client you are about to introduce the stones on the skin and apply a light, gliding effleurage. Do not hold the stones still; ask your client if the heat is comfortable.
9. First of all the stones are used flat to warm the back using effleurage movements. Work slowly with uncomplicated movements, reducing pressure over bony areas, e.g. scapula. Apply five to six effleurage to the back, turn the stone over and repeat. Continue to effleurage until the stones begin to cool.

Second set, medium

10. Keep contact with your client and change to new stones; work at the side of the couch now if you wish.

11. Using the flat side of the stone apply deep effleurage and petrissage to the trapezius covering the upper portion of the back and the neck. Turn the stone to use both sides after the stones have cooled on both sides, turn them onto their edges to knead into the trapezius muscle and around the scapula area. Finish by draining where kneading movements have been applied.

Third set, triggers

12. Trigger stones, these are used here to give deeper work around the edge of the scapula, either side of the spine and in the neck area. Hold the stones lengthways: introduce at the sides of the neck and sweep out across the shoulders sweeping in and up to the occipital. Using the pointed edge, work down either side of the erector spinea in small circles then drain back up to occipital. Using the long flat edge, overlap the stones and channel drain the sides of the spine out to border of the scapula down to mid thoracic point and back up again. Repeat on the other side. Drain out over the shoulders. Do pressure points along the shoulders and drain. Drain the intercostals. Do pressure points along the iliac crest area and drain to lateral edge of body. Link effleurage back to the top and change stones.

Fourth set, medium

13. Change to the palm stones and apply movements to the whole of the mid-lower back (lumbar area) using the flat side of the stone, such as palmer kneading, wringing. Carry out drainage movements using both stones from the base of the rib cage out to the lateral edge and down to the top of the gluteus.

Fifth set, medium

14. Change stones. Use the last two stones to work the lower back. Work low and deep with the flat of the stone then the edge of the stone.

Finishing on back

15. To complete the sequence to the back use the cooled stones from the back massage and place them gently along the spine, beginning at the root chakra. Once positioned, hold each one starting at the neck area and tap each stone gently two to three times. Vibrations will ripple up through the spine. Do not tap too hard, ensure the client is comfortable.

16. Leave the stones on the skin and cover with a towel.

17. Lift the two large stones off the back of the knees turn them over and replace these on the buttock area. Lift the next two large stones from the hamstrings area turn and place these in the buttock area too.

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Back of legs

1. Retrieve four medium and two smaller size stones from your stone heater.
2. Uncover both legs and place the stones in the space between the legs on the couch or use the stone pocket. Stand at the base of couch and spread the oil on both legs together.

First set, medium

3. Rotate two medium stones in your hands, place them on the couch and use your warm hands to effleurage both legs. Repeat process until stones are ready to use.
4. With the flat of the stones, effleurage the full length of the leg from ankle to the top of the thigh and return to ankle twice. Turn the stone over and repeat.
5. Now the legs are warm, concentrate on the top of the legs, the hamstrings. Use slow uncomplicated movements to allow the heat to penetrate. Effleurage and petrissage movements can be used. Use both sides of the stone.

Second set, medium

6. Change stones to next medium stone after the first stones have cooled and continue massage onto the calf/lower leg area. Effleurage from ankle to knee. Lift one leg and support on therapists shoulder. Squeeze the gastrocnemius muscle to make stones meet, work from the knee towards the ankle. Slide down the lateral sides towards the knee. Cross twist and lift working from the knee up to the ankle. Drain down the centre (gastrocnemius) towards the popliteal, use the stones slightly on their sides. Repeat this on the other leg. Complete with full effleurage on both legs together.

Third set, small

7. Change stones to last two smaller stones when the second stones are cooling and work around the ankle (avoid achilles tendon). Slide on to the feet. Use the flat side and the edges of the stone and massage the feet.
8. Finish the leg massage at the feet.
9. Cover the legs.

Turning client over

All stones need to be removed before turning your client. Stones that have had contact with the skin need to be placed for washing.

1. The five large placing stones need to be removed and placed back into the heater
2. Remove stones from along the spine, in the hands, on the feet and retrieve the belly stone.
3. When all stones are removed turn your client over.

Optional

Use hot towels to remove oil from your client, or glide hands over the towels from the top of the body to the feet to absorb excess oil.

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Front of the body

1. Retrieve from your heater

- four large stones
- three small stones

2. Place the four large stones and three small in a line on your couch (with largest starting at the lower body area). Ask your client to inhale through their nose and out through their mouth up to eight times. Then they are to breathe normally. On their exhale place the stones on the body on each chakra area. Talk to the client and encourage them through this process, do not rush them. Begin this sequence at the root chakra. When stones are placed, remind client to breathe normally.

Four large stones

- Root chakra
- Sacral chakra
- Solar plexus
- Heart

Three small stones

- Throat chakra
- Third eye chakra
- Crown chakra

Ensure the throat chakra stone is comfortable and not pressing on the trachea (windpipe). It is advisable to make a pocket by turning the top of the towel over in which the stone can sit. Ensure the stone for the third eye is at a comfortable temperature as it is placed directly on the skin, so must not be too hot to leave a mark.

3. Finish this opening of the chakras by placing the chosen semi-precious crystals in the correct place for the relevant chakra. Your client is not required to follow the breathing pattern for the application of the semi-precious crystals. If placing the third eye crystal on the face ensure you have warmed it slightly in your hands prior to placing as it will feel very cold to your client.

4. Retrieve the cosy toes from the stone heater and place between the toes where they will fit comfortably. It is not essential to place all if there is not enough space.

Shoulders

1. Retrieve two trigger stones and using the flat side glide out from the centre of the décolleté around the shoulders and into the occipital area. Repeat this movement until the area is warmed then using the points perform a knuckling type move across the same area.

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Arm

1. Retrieve two medium palm and one small stone from your stone heater. Place the two medium stones at the top of the arm to be worked.
2. Place the small stone between your palm and your clients palm (ensure it is not too hot). Hold the stone in place to stimulate the heart chakra.

First set, medium

3. Rotate one of the palm stones in your other hand and use your warm hand to effleurage the arm. Repeat this process until the stone is ready to use.
4. Effleurage the full length of the arm with the flat side of the stones x 2.
5. Apply deep effleurage and petrissage movements to the upper arm, turn the stone over to use the heat from both sides. Lift the arm and massage the other side of the arm.
6. Change the stone as it cools and bend the client's arm at the elbow. Apply massage using the flat of the stone to the front and back of the forearm. Ensure the arm is supported at all times.

Hand, small

1. Change to the stone placed between your palm and the client's. Hold and support the client's hand then using the flat and the edge of the stone, massage the palm of the hand. The movement will feel complete to the hand area. Finish the procedure to the hand and arm by placing the stone in the client's palm. (Additional movements may be applied to the back of the hand on the carpals and metacarpals using the flat side and edge of the stone if you wish). Repeat on client's other arm.

Front of the leg

Remove cosy toes if you wish.

1. Retrieve two medium palm and two smaller stones from the stone heater.
2. Uncover one leg, place stones on the couch, spread oil onto client's leg.
3. Rotate the two medium stones in your hands, place on the couch and then effleurage the leg with your warm hands. Repeat this process until the stones are ready to use.
4. With a stone in each hand apply effleurage from above the ankle bone to the full length of the leg avoiding the tibia and the patella return to the ankle twice with the flat side of each stone, turn the stone and repeat with the second side of the stone.
5. Move to the quadriceps and apply deep effleurage and petrissage movements using the flat side of the stone. Turn the stone to use the heat from both sides.
6. Turn the stone on to the edge to apply a deep alternative kneading or a light alternative friction to the lateral (outer) edge of the quadriceps if desired (optional).
7. Change to the two smaller stones and effleurage with the flat of the stone lightly around the patella. Bring the stone down onto the lower leg and work either side of the tibia bone. Do not cross over this bone as it will feel very uncomfortable to the client.

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8. Continue working to the ankle area, use the stones on their edges.
9. Continue to the foot and apply the flat of the stone to the sole of the foot using a deep kneading movement. Hold the front of the foot while this is carried out. Additional movements may be applied to the foot between the metatarsals using the edge of the stone if desired.
10. Finish with the sole of the foot to bring energy to earth and ground the client. Repeat on client's other leg.
11. Leave your client to relax for a few minutes.

Finishing

By finishing at the feet you are assisting the grounding process. You may wish to use cooler stones to refresh the client, place the cool eye stones on the eyes and then use the cool marine stones on the scalp and face, finish by placing in the client's hands, ensure they are not too cold.

After your client has been left to relax we advise the following:

- Remove all stones from around the body, leave the stones and crystals on the body
- Remove the crystals beginning at the crown chakra or the highest crystal you have used on the body. Tap together ending up towards the root chakra
- Follow the same procedure with the basalt stones ending at the root chakra
- Use your forearms and body weight to physically ground your client over the legs and at the feet
- Sit your client up and offer them water to drinky
- Allow your client time to sit quietly and check they are not light headed prior to standing and dressing
- Give your client aftercare advice
- Book their next treatment

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Grounding your client

Any treatment that affects the vibrational energies within the astral body (aura) will create a deep relaxed state both physically and spiritually. It is important to re-connect the spiritual or the astral body with the physical before you move the client.

In simple terms, grounding brings your client back from the deep relaxation and prevents any disorientation and unbalance after the treatment has concluded.

How to ground the client

- Focus attention to the feet and the earth. Hold the feet and visualise the colour red over the area representing the root/base chakra. You can also visualise roots growing from your feet into the earth
- Place grounding crystals at the end of the couch
- Suggest the client slowly sips water
- Client can hold a smokey quartz crystal in each hand

How to ground yourself

Between clients you can do the following to ground yourself;

- Eat a light snack preferably red coloured (associated with the root chakra)
- Do a boring job
- Take a brisk, short walk outdoors

How to tell if your client is not grounded after a treatment

- Headache
- Fuzzy head
- Sluggish feelings
- Too relaxed
- Incomplete recovery from session
- Unusual/unexpected physiological state
- Glazed eyes

If any of these reactions arise, take a little longer in the future to ground your client at the end of the treatment.

Please note: extremely unbalanced clients may benefit from a stone treatment without any additional aromas. It is thought that strong perfumes may inhibit the effects of stones and semi-precious stones on the vibrations of the chakras.

Module examination

Complete the module examination online to move to practical assessment module.

Aftercare

- Drink plenty of water and herbal teas which will help with the elimination of toxins from the body. Avoid or cut down on tea, coffee and other stimulants
- Rest and relax in order to assist the healing process
- Eat a light diet of fresh and natural foods as the body needs to concentrate its efforts on natural healing and detoxification
- Avoid or cut down on smoking and alcohol
- Avoid alcohol and spicy foods on the same day

Due to the nature and effects of stone therapy treatments there are a few exercises that are ideal for increasing positive energy in the client and helping to balance the chakras of the body. The following could be recommended to your clients:

- Yoga
- Pilates
- Reiki treatments
- Meditation
- Breathing exercises

Please note: many insurance companies insist on clients receiving written aftercare advice along with verbal advice.

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Contra-actions

The stones can leave red marks from pressure (cold stones) or from too much heat (warm stones). Too much heat can result in a thermal burn and blistering may occur. The client must not be laid directly onto warm or cold stones, or have stones placed on the body without a layer of material placed between the stones and the skin. This will prevent the skin overheating or cooling too much.

Always check the comfort of the client and only use stones at the correct temperature with material between the skin and the stones.

Warm stones are used at the working temperature of 49°C (around 120 °F) The heat must be suitable to each client for every treatment, it is up to the therapist to ensure the client is comfortable.

Cold stones can cause a muscle spasm, headache or a freezer burn if used too cold. For massage the cold stones will cool to the correct temperature in cold water. Ice can be used in sports/ remedial treatments where the therapist has been taught how to apply such temperatures safely.

Some clients may feel light headed following a treatment. This is usually due to them lying down and relaxing so blood pressure has dropped. To avoid this leave your client on the couch in a semi-reclined position for a few minutes to acclimatise.

It is not uncommon for clients to feedback that they felt really tired or had heightened emotions or ached. Others may feedback that they felt they had lots of energy. These are all due to the healing crisis and will pass after a few days.

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Frequently asked questions

Question: How will I know if the stones are the correct temperature for my client?

Answer: It is the responsibility of the therapist to check the temperature of the stones prior to using them on the client. Therapists should use the thermometer regularly throughout the treatment to check that the water does not go above the recommended heat of 60℃ (around 140 ℉). The therapist needs to check each stone prior to use on the client. The therapist must check comfort ability of the heat with the client.

Question: Do I have to do offer this as a holistic treatment?

Answer: No, if you do not wish to work on the chakras you do not have to, so omit the placing of the basalt stones and semi-precious crystals and concentrate on the relaxing massage techniques you have acquired.

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Troubleshooting questions

My stones get too hot to work with.

Check that your stone heater is in good working order and use the thermometer to check the temperature. Initially the stones will require two to ten minutes in the water to ensure they are warmed all the way through. Once the water has got to 49˚C (around 120˚F) (minimum) or 60˚C (around 140˚F) (maximum) the machine has a setting to maintain this temperature, however, it is the therapists responsibility to check this regularly with the thermometer and also check them manually once they have been retrieved from the machine and prior to using them on the client.

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Next steps

We advise you to practice the treatments on at least six models and build up case studies in order to become proficient.

We also advise you to practise the management and rotation of the stones and to decide how you wish to re-energise your stones.

If you are interested in learning more about the chakras there is a lot of information available on the internet which you can research in your own time.

Research the price that you will be charging for the treatment within your business. This will depend on the price range of treatments in your area, the price your direct competitors are charging and your present pricing structure.

Module examination

Complete the module examination online to move to practical assessment module.

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Practical assessment

You are now required to submit a series of videos for assessment by one of our educators. Complete each of the treatment steps below to ensure you have demonstrated a full treatment.

Watch each video hint to show you what the educator needs to see in order to assess your competency.

Please submit short videos of each step like the examples shown, please do not submit one long video of you performing the complete treatment.

Back of the body

1. Perform massage movements on the back
2. Perform massage movements on the leg

Front of the body

3. Perform massage movements to the shoulders
4. Perform massage movements on one arm and hand
5. Perform massage movements on one leg and foot

Please select the text reply button to notify us of your submission.

We will provide feedback within two working days.

Please note: our business hours are Monday – Friday, 8.30am – 5pm.

Upload the video examples online

Please select the text reply button to notify us of your submission.

We will provide feedback within two working days.

Please note: our business hours are Monday – Friday, 8.30am – 5pm.

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