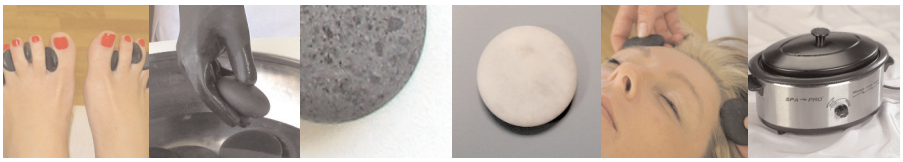
Solutions Hot Rocks Stone Therapy



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Training



Your reputation as a beauty therapist is not only important, but is essential to you, your clients and colleagues. The health and beauty industry is one of the fastest growing industries in the UK, therefore to ensure your continued excellence and reputation as a professional beauty therapist you need to receive formal professional training to keep up to date with the latest techniques, products, equipment and business developments. Our courses are approved and recognised by both 'The Guild of Professional Beauty Therapists' and 'Professional Beauty', as well as many of the leading industry associations, this allows you to receive insurance as well as essential CPD points.

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We offer comprehensive training in:

- Advanced Waxing including Brazilian & Hollywood Waxing
- Depilatory Waxing including Hive Roller Waxing System
- Eyelash Perming
- Eyelash Tinting & Eyebrow Enhancement
- RefectoCil Lash & Brow Tinting
- Solutions Indian Head Massage
- Solutions Facial & Massage Treatments
- Solutions Hot Rocks Stone Therapy
- Solutions Thermal Auricular Ear Candling Therapy
- Advanced Spray Paraffin Waxing with Hive Multi Pro System

COMING SOON!

- Solutions Manicure System
- Solutions Pedicure System
- Solutions Golden Glow Sunless Tanning System



HIVE TRAINING ACADEMY

Head Office, Tamworth, Staffordshire, UK

A Hive training course doesn't finish at the end of the day. The 'Hive' hexagon logo has become a symbol of confidence and quality, recognized by therapists worldwide when choosing their purchases of beauty salon and spa products. Hive looks to provide you with the very best service and support, following either a product purchase or attending a training course. You will be provided with our trainer's contact details, a hotline for advice or queries and you are always welcome to contact Hive regarding any query regardless of when or where you attended a course.



There are many ways in which you can attend a Hive training course:

The Hive Training Academy, Tamworth

Our prestigious Academy, beautifully furnished, sets the scene of a professional working salon and is an ideal environment for delegates to practice and to promote maximum learning opportunity. Based at Hive's Head Office, centrally located with good rail, road and air connections the Hive Training Academy is just off junction 10 of the M42, only 15 miles North East from Birmingham offering easy access and ample free parking.

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We now offer you the opportunity to attend a Hive course at your own salon or spa, enabling you to train with our professionally qualified trainers at your convenience.

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Many wholesalers throughout the country are now running Hive training courses, the details of which are available on our website. If you find a wholesaler offering Hive courses which you wish to book on, please contact the local wholesaler directly.

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Hive now provides the opportunity to attend a Hive course locally through an "accredited" Hive Training Partnership Centre. External training providers are "accredited" to offer all or some of the Hive training courses.

Through training and assessment of the centers, Hive ensures the courses offered are fully comparable with courses held at the Hive Academy in Tamworth with an equivalent standard of training to all delegates wherever you choose to attend a course. If you wish to book on to a course held at an external training facility, then please telephone the local training provider direct. Please view our website for dates and locations.

For further information on new courses or to book on a course please contact our Education Co-ordinator, Helen Brazington direct on 01827 317758 via email: helen@hiveofbeauty.com or view our website for details.



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SECTION 1 - An Introduction to Stone Therapy

"...Working hand in hand with existing massage techniques, the introduction of therapeutic stones adds a new dimension to the experience of massage."

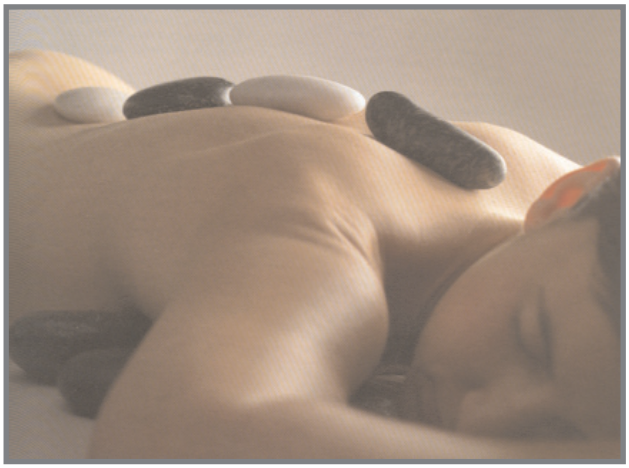
"....Stone therapy goes beyond the realms of traditional massage by transmitting and neutralising energy, removing blockages, dissolving stress and balancing the body to create a feeling of total well-being.

History of Stone Therapy

The thermal benefit of heat on the body has been used as a form of therapy for thousands of years. The use of stones within ancient rituals, worship and healing has also been traced back as far as 1500 BC. The subsequent development of stone massage therapy followed and was used for spiritual and physical balancing.

In 1993 Mary Nelson unearthed this ancient art and developed the treatment of 'LaStone' massage. Her belief was that her spirit guide led her to this treatment to ease the physical pain she was suffering due to the many Swedish massage treatments she performed. Using this extensive knowledge, Hive has developed its own stone therapy treatment system:

'Solutions Hot Rocks Stone Therapy'



SECTION 2 - Properties of the Stones

Structure of Hot Stones

Formed from volcanic molten rock that has been eroded over thousands of years by rivers and seas, the beautifully rounded basalt stones are sourced from South America. This molten rock contains pyroxene, plagioclase and other minerals, which compress under natural forces, condensing the raw minerals into a compact mass or crystal.



Basalt stones are sourced from many regions of South America and as a result can vary in colour and shade, from grey/green to black. Existing in the stones is iron ore, an excellent conductor of heat, creating the ultimate in natural heat penetration. The heated volcanic stones transfer their thermal energy to the depths of the body stimulating microcirculations, cell functions, metabolism and tissue repair. This deep penetrating heat and increased pressure from the stones will not only benefit clients but therapists alike. The therapist applies less of their own force, therefore reducing pressure on their own joints.

Generally therapists believe the benefits of a stone massage to be greater than those of a Swedish massage, due to:

- The introduction of heat.
- The additional pressure felt from the application of the stones.
- The vibrational energy generated by the stones.
- The incorporation of the work on the 7 main chakras of the body.
- The incorporation of crystal therapy (If required.)

Vibrational Energy

Scientifically vibrational energy is a form of kinetic energy. Kinetic energy exists when an object with mass is in motion. The stones therefore have kinetic energy due to their vibrations. The vibrational energy moves between the stones and the client's body. Negative energy is released as the vibrations move in and out of the body. Complete homeostasis is achieved as the body facilitates self-healing and repair.



SECTION 3 - Stones with Traditional Therapies

Stone therapy incorporates a mixture of traditional massage movements with other complementary therapies making it a very thorough treatment. Generating a deep level of relaxation and homeostasis, as with all holistic work, the client is treated as a whole and will receive the maximum benefit created from a full body treatment. Stone therapy can also be successfully broken down into parts and used to concentrate on specific problem areas.

The individual treatments used within stone therapy will be heightened by the properties of the stones and by the appropriate use of heat or cold. Stone therapy can also be used to complement many other treatments carried out in the salon/spa such as:

Manicure

- Place hot stones on the work area for the client to rest their hands on whilst the treatment is being given.
- Place hot stones into the water bowl for the client to play with whilst their hands are soaking.
- Massage with the hot stones.
- Work exfoliating products into the skin with the stones.

Pedicure



- Place hot stones onto the floor for the client to stand their feet on during the pedicure.
- Place many small hot stones in the foot bowl for the client to rub their feet on whilst they are soaking.
- Use the stones to work the exfoliating products into the skin.
- Massage with the hot stones.
- Place the cosy toe stones between the toes whilst painting the nails.

Indian Head Massage

- The stones can be used in all parts of the treatment.
- If using the stones over clothing, remember that they will need to be a little hotter than usual.

Sports or Remedial Massage

- All of the benefits of hot and cold stones lend themselves to the principles of this type of massage i.e. deep pressure, the use of hot and cold and the need to promote healing.

Lymphatic drainage massage

- The stones help to stimulate the flow of lymph
- Cool stones help vasoconstriction and the reduction of fluid retention.
- Warm stones have decongestant properties.
- The client can be laid on the stones while the treatment is being performed.
- The stones can be positioned on or under the Chakra points.

Ear candle treatments

- The stones can be used for the facial massage part of the treatment.
- The client can be laid on the hot stones.
- The hot stones can be placed on the Chakra points.
- The client can hold the hot stones in their hands during the treatment.
- The cosy toe stones can be put between the client's toes during the treatment.

Facials

- All of the above points can be used
- Cool stones can be laid on the eyelids during the face mask.





SECTION 4 - Stone Therapy Movements

Effleurage
As with Swedish massage this type of movement is used to introduce the stone massage movements to the client. The stones are held flat in the hands and then the therapist carries out the effleurage movement in the same way as they would manually. More care has to be taken with bony areas when performing effleurage with the stones. All of the normal benefits to be gained from effleurage still apply with the stones.

Stroking
A superficial gliding stroke often used at the end of treatments for its soothing properties or to stimulate the flow of lymph towards lymph nodes. The stones would be used on their edge to reduce the amount of pressure applied.

Combing/stripping
A slow, deep, very intense stroke, using the stone on its edge, that follows the length of the muscle or group of muscles from origin to insertion. The movement is used to lengthen contracted muscles and ease areas of tension. To do this stroke correctly the stones must be warm, not heated. Incorporating the piezoelectric effect (see below) with this movement, either before or after creates an even deeper release of the tense muscles. The deeper the movement, the greater the stretch of the soft tissue.

Petrissage
Kneading, squeezing, pressing and releasing movements can be used to create rhythmical pressure either with the flat of the stones or for a deeper penetration, with the stones on their edge. As with Swedish massage, petrissage concentrates on specific muscles or muscle groups.

Frictions
The edge of the stone is used with either a mild pressure to give a soothing feeling or with more pressure to physically stimulate the area by increasing the blood flow into and out of the area. The deep pressure is very effective at both longitudinal and transverse frictions but can be uncomfortable so is not normally used during a therapeutic massage. It is normally used during deep tissue treatments.

Piezoelectric effect/vibrations
The typical tremulous vibration movement used with Swedish massage can be copied with the therapist holding the stones. Vibrations can also be achieved by rhythmical tapping of the stones creating sound waves and creating a transfer of energy from the mechanical energy (as the stones are tapped together) to electrical (vibration) that penetrates deeply into soft tissue.

To release stubborn tension turn one of the stones on its edge and hold with constant pressure on the point of tension. Use a rhythmical tapping motion using another stone.

Stone placing
The heated stones can be placed on or underneath the body. Placing the stones before massage will heat and soften the muscles in preparation of the massage. Placing the stones after the massage will continue the treatment in any problem areas whilst removing the risk of over-working and sensitising the area.

Holding
The heated stones can be held on a specific region to ease any problem areas. The pressure may be altered from gentle to deep dependant on the problem being worked on.

SECTION 5 - Advantages for the Client and Therapist

Advantages for the therapist

- One stroke with a hot basalt stone is equal to 10 normal hands massage strokes!
- Stone therapy eliminates strain to the thumbs, and helps to maintain healthy wrists by preventing hyper-flexion and hyper-extension.
- The heat penetrates deeply and the stones increase the pressure of the movement with minimum effort by the therapist.
- The stones help offer the therapist some protection against clients releasing their negative energies on them.
- The benefits of the stones can be gained by strategically placing them on or under the body.
- The therapist benefits from the treatment during the massage as they too receive the heat from the stones

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Advantages for the client

- Provides a deep penetration of the heat and pressure of the stones.
- Stimulates microcirculation and cell function, promoting the rate of tissue repair.
- Stimulates the metabolism of the area by 10-15% due to the local rise in the body temperature of 1-2 C
- The treatment is ten times deeper and the results are said to last ten times longer than traditional techniques.
- The treatment aims for complete homeostasis. This works by the physical body being combined with the vibrational energy of the hot stones, resonating with the energy of the Chakras.

The Physiological Benefits of Stone Therapy

- Vasodilation occurs. This is a widening of the blood vessels which in turn increases the blood flow around the body flushing out waste products and cleansing internal organs.
- Circulation increases which means that the body can perform optimum operations as it is fully supplied with blood.
- Metabolism increases, therefore the rate at which our body processes foods, eliminates toxins and burns energy, is also improved.
- Pulse rates increase as the heat makes the heart beat faster. If there is any heart disease then this aspect of thermotherapy must be observed.
- Cell metabolism is increased as the rate at which the body manufactures positive chemicals such as hormones becomes more efficient.
- Lymphatic function increases which will increase internal cleansing and elimination of toxins.
- Decreases the stimulus of the myoneural junction. This means that the response time for the brain to the nerves to the muscles will increase and therefore we move more slowly. Heat relaxes the muscle response.
- The spacticity in the muscle is reduced, relaxing the muscle to an extent so that we can do further work with the muscle fibres.

The Psychological Benefits of Stone Therapy

- Overall relaxation leading to feelings of calmness or invigoration.
- Feelings of nurturing by the heat and weight of the stones.
- Creates a feeling of well-being.
- Feeling more emotionally balanced.

SECTION 6 - The Chakras and Auras

The Chakras

Chakra is a Sanskrit word meaning wheel, or vortex, and it refers to each of the seven energy centres of which our consciousness or energy system is composed. By balancing these Chakras we not only benefit our general well-being but unite the individual soul with universal consciousness, affecting every area of our lives.

Stones have been used for healing for thousands of years. The ancient art of crystal healing uses the gentle transformation properties of stones and semi-precious stones. Their specific resonances are used to transmit energy to different areas of the body. When placed on specific points they dissolve stress, remove blockages and neutralise negative energies. This draws energy away from over stimulated areas and re-energises depleted ones, thus inducing a feeling of well-being and harmony.

The Effect of the Stones on the Chakras



- Basalt stones are high in vibrational energy that resonates in balance with the Chakra system of the body.
- Vibrational energy is transmitted from the stones into the body to positively affect the person's energy balance and energy field or aura.
- Creating balance between the seven main chakras of the body will mean eliminating negative energy, introducing positive energy, strengthening weak areas and neutralising strong or dominant areas.

The Auras

The concept of the aura and Chakra system was developed in ancient far Eastern cultures. These cultures believed that there was a dynamic energy field surrounding the physical body. There is no 'proof' as such of the layers of light or spiritual energy, but the experience of therapists show that there is a deep belief in their existence and the effectiveness of working with them.

An aura is considered to be a high frequency, electromagnetic energy field around all living and inanimate things made up of different colours and levels. The aura surrounds in all directions and is three dimensional usually forming an egg shape around the body.

The aura seen, felt or sensed around a person reflects the essential person, their physical and mental health, current thoughts, emotional and spiritual well-being etc. Changes in any of these will change the size, colour and shape of the aura. It is thought the stronger the aura, the less likely the person is to be affected by outside forces.

As a therapist it is helpful to know how your auric fields interact with outside forces and energies i.e. those you work on. It is important for therapists to protect themselves, every time you come into contact with another person an energy exchange can occur. Much energy can be exchanged in a day considering how many clients a therapist may work on.

Crystals and stones release electro-magnetic energy that is easily absorbed into the human auric field and helps balance and cleanse the aura. Being around nature and the power of positive thought helps to maintain a healthy aura.

Position	Indian Name	Colour	Gland	Emotions	Crystal/Gem	Imbalances
Coccyx (Root/base spine)	Muladhara	Red	Adrenals	Will to survive	Ruby	Frequent illness
Sacral (Lumber Vertebra)	Swadhishthana	Orange	Gonads	Feelings	Aquamarine/ Orange Moonstone	Bladder problems
Solar Plexus (Ribcage)	Manipura	Yellow	Pancreas	Opinions	Topaz/Citrine	Emotional imbalance
Heart (Centre of chest)	Amahata	Green	Thymus	Love, intuition	Emerald/Rose Quartz	Circulatory problems
Throat (Centre of throat)	Vishudda	Blue	Thyroid	Speech, truth	Sapphire/ Purple Rainbow Fluorite	Allergies, shoulder problems
Third Eye (Centre of Brow)	Ajna	Indigo	Pineal	Imagination, insight	Clear Quartz	Insomnia, sinus problems
Crown (Top of Head)	Sahasrara	Violet	Pituitary	Release emotions	Diamond/ Amethyst	Indecisive, depression

SECTION 7 - Client Consultation

Contra-Indications

If you identify a contra-indication it is important to refer the client to their GP without causing any alarm to the client. If there is any doubt as to the suitability of the client to the treatment, assurance should be gained from a member of the medical profession. If the client is considered to be in good health, or the state of their health is not likely to be affected by the treatment, then the therapist should choose whether to proceed with the treatment. The therapist may still wish to adapt the treatment until it is clear how the client will react to the treatment.

When seeking advice from the medical profession, it is unlikely that the GP will be qualified in Hot stone therapy therefore, we are not seeking permission from the GP to perform the treatment, we are seeking advice on the state of the client's health. We should provide the GP with as much information as possible on what the treatment entails and the possible effects it causes. The therapist then uses this information to decide on the safety and appropriateness of the treatment after full consultation.

- bruises, cuts and abrasions
- breast feeding
- cancer and cardiac patients
- diabetes and epilepsy
- thrombosis
- fever or high temperature
- high or low blood pressure and heat sensitive people
- medication which makes people sensitive to heat, ie roacutane
- osteoporosis
- recent injury, operations and scar tissue
- skin and scalp conditions which are contagious
- ulcers on the skin
- young clients, under 16
- Pregnancy

Consultation & Assessment of the Client

You must always check the following important information:

- No contra-indications
- No allergies to any of the products being used
- Is the client having any treatments from any other therapists?

The client should be given an explanation before the treatment, this should include the following:

- The client should be given a clear description of how the treatment is performed and any possible effects
- Explain the possible reactions the clients may have during and after the treatment
- Allow the client time to ask any questions

After Care

The client should be given clear after care advice to enable them to gain the best possible results from the treatment. The following list is the minimum advice that should be given. You may wish to add more to this.

- Drink plenty of water
- Avoid heavy meals after treatment
- Try to avoid tea, coffee and smoking for the next 24 hours and alcohol for several days.
- If you feel tired, rest after the treatment and try to incorporate relaxation time into your daily routine. It is normal to feel energised a few hours after treatment.
- No strenuous exercise,
- No sunbeds or sunbathing for 24 hours.

SECTION 8 - Caring for the Stones

Sterilising

- You must use a technique to sterilise your stones between treatments. If your stones are sticky and have oil residue on them, the best way to clean them is with surgical spirit or an alcohol solution.
- You must clean your stones at the end of each day, even if they have only been used once.
- You must wash and rinse out your heater at the end of each day.

Re-charging

This is not just the physical cleaning of the oils etc from the stones but also re-charging the energy in the stones. The more the stones are used the more negative energy they are exposed to and this also needs to be cleansed from the stones.

You will know when your stones are in need of re-charging as they will not hold the heat for long or will not feel hot to touch even if your thermometer shows the correct temperature. Stones normally need recharging on average once a month.

The stones can be re-charged in a number of ways.

- Immerse the stones in sea water or a combination of sea salt and water. The stones can then be left out in the wind and sun to dry.
- Cleanse the stones with Reiki energy.
- Cleanse the stones with other crystals.
- Your stones will need re-charging or cleansing at regular intervals.



SECTION 9 - Health & Safety Precautions

1. Ensure that your heater is placed on a secure trolley or work surface.

2. Check the temperature of the water with a thermometer and make sure that it does not exceed 66°C.

3. **NEVER** move your heater when full of water and plugged in at the mains

4. Make sure there are no trailing leads.

5. Always wear insulated gloves or use appropriate equipment to remove stones from the heater.

6. Never place stones directly onto client without prior testing.

7. Always follow manufacturers instructions when using your heater.

8. Take all necessary precautions when using electrical equipment in your treatment area. Please refer to the 'Health and Safety at Work Act 1974'.

SECTION 10 - Stone Therapy Treatment

Treatment Planning

- Ensure a thorough consultation has been carried out prior to treatment.
- **If a doctors note is required, please attach to record card.**
- Allow the client to sit and rest after the treatment
- Space full body treatments at least 1 week apart
- Everyone will respond at different rates, allow the client to make their own decisions, but stress that this should not be seen as a quick fix and it may require as many as 4-6 weekly treatments before improvement is seen
- Maintenance treatments can be booked according to the client's lifestyle, this should be reflected in the frequency of the visits

Overview

- Treatments will normally take 90 minutes but this can be adapted as required. If doing a back treatment, use no more than 6 stones in this area.
- Prepare the client and check whether any make up needs removing
- Position the client comfortably with towels if needed
- Work with specific stones for each area, only removing them from the heater when needed always using an insulated glove.
- Take special care when opening and closing the treatment

Items Required

1. 1 x stone heater
2. 1 x Body stone pack

OR 1 x Facial stone pack

3. 2 x cloths (optional)
4. Massage oil
5. 1 x thermometer
6. 1 x Solutions 14" bowl to hold used stones
7. 4 x small towels
8. 4 x large towels
9. 1 x pair gloves



Step by Step Guide to Stone Therapy Treatment

Crown Chakra

Go to the head of the bed and prepare yourself and the client for the routine.

- Stand with your feet shoulder width apart.
- Close your eyes and concentrate on your breathing
- Rub your hands together and try to concentrate on nothing other than a bright white light and your own deep steady breathing.
- Stop rubbing your hands together and open your eyes, gently move your hands towards the client's Crown Chakra.
- Holding your hands either in the client's aura or making contact with the physical body, ask the client to concentrate on their breathing, try to balance your breathing in time with your client's breathing.
- Ask the client to imagine a bright white light and to keep returning to this when other things enter their mind.

Working on the Back of the Body

Stones needed when working on the back of the body

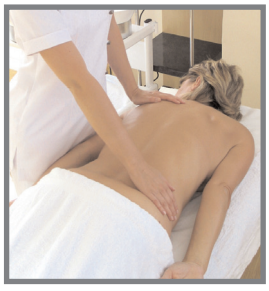
1. Large Sacral Chakra stone
2. 4 stones for working on the sides of the body
3. 4 stones for working on the legs
4. 4 slightly larger stones for working on the back
5. 2 cloths (optional)
6. Solutions 14" Bowl



Begin by positioning the client and removing any make up if necessary, then ask client to turn over. If client is not wearing any make up they can begin face down. If there is not a face hole in the couch, give the client a support for their head.
Note: picture indicates position of stone only.

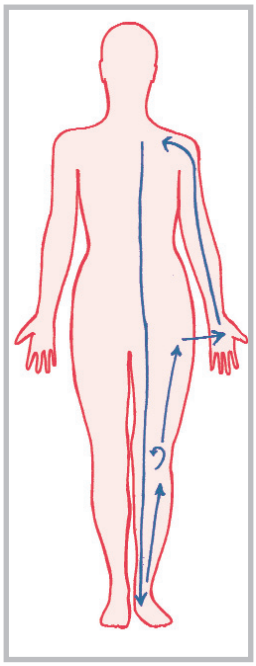
Remove the Sacral Chakra stone from the heater and wrap it in a small hand towel. Place the stone at the bottom of the clients back in line with their sacrum.

Unwrap the 4 stones (9-12) to start the routine and place them inside the warm towel.



Stand at the side of the client and place one hand on the Chakra stone and one hand between the client's shoulder blades. Gently rock the client for a few seconds whilst concentrating on your breathing. Now, place one hand on one of the client's shoulders and your other hand on the opposite hip, rock for a few seconds then repeat on the opposite side.

Right side of the body



Uncover the right side of the client's body exposing their right leg, arm and right side of the back. Take 2 medium sized stones and place them on the couch at the sides of the client's leg. Warm your hands on the stones then apply a small amount of oil to the right side of the body.

- Start at the ankle, move up to the knee, when on the back of the knee turn your body and the stones so that you are pulling the stones up the client's hamstrings to the top of the leg.
- Slide the stones over to the palm of the client's hand, keep one of your hands on the stone in your client's hand and move the other stone in your other hand up the arm and on to the top of the shoulder.
- Gently slide the stone down the client's back and leg returning to the ankle.
- Repeat twice then turn the stones over and repeat twice again.
  When any stones are finished with, place them in the bowl.
- Cover right side of body with towel

Left side of the body

Repeat on the left side of the body.

Cover the left side of the body with towel. Remove 4 stones for the legs and place them inside the warm towel.

Legs

Remove 4 stones from the heater (stones no's 5-8) Place 2 of the stones ontop of the towel, just above the back of the knees, and the other 2 stones at the foot of the couch

Uncover the lower legs to the knee, apply oil to backs of both legs



Using the heat from the stones to warm your hands, effleurage up the calf muscles simultaneously inner leg to outer leg, repeat this movement until the stones are ready to work on the skin

Using the stones, repeat the same movement x3 (NB.Check temperature with client)

Holding the stones slightly on their side, perform slow, pressure circles, starting on the inner leg at the ankle, working up towards the knee, slowly drain down, then repeat the same movement up the middle of the calf and then to the outer side



Hold the stones on their edge, and perform a slow sliding movement, (combing and stripping) starting on the inner leg at the ankle up towards the knee, rotate the edge of the stone to disperse the heat, then drain back down again. Repeat the same movement on the middle of the calf and outer leg

If there is any heat left in the stone, do one effleurage movement from ankle to knee and back of the ankle

Remove the stones from the back of the knee and uncover the legs up to the buttocks, apply oil

Using the heat from the stones to warm your hands, effleurage both hamstrings simultaneously, inner to outer, taking care on inner thigh as they may be ticklish

Once the stones are ready to work on the skin, repeat the same 3 movements that were performed on the lower leg, taking care not to tickle the inner thigh

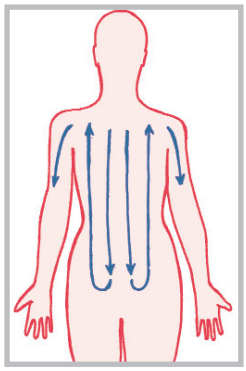
Finish the legs by effleurage up the whole legs, simultaneously,(using the stones if they still have heat, if not, using your hands)

Place the stones onto the bottom of the feet

Cover the legs with towel

LOWER THE SACRAL STONE INBETWEEN THE BASE OF THE BUTTOCKS

Working on the back

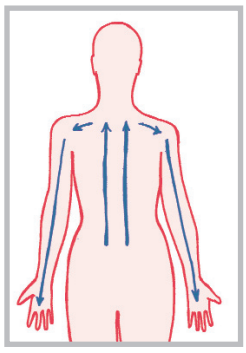


Remove 4 stones from the heater (stones no's 9-12), place 2 in the towel on the trolley and the other 2 at the head of the couch

Uncover the back, stand at the head of the couch and apply oil to the back

Using the stones as before, squeeze them to get the heat transfer into your hands, then perform an effleurage movement with your hands starting at the shoulders, down the spine, along the hips and back up the sides of the body, down the arms then back up to the neck. Repeat this until the stones are ready to work

Holding the stones, repeat the same effleurage movement x3 (check temperature with client)



Holding the stones slightly on their side and perform slow, pressure circles down either side of the spine, along the back of the hips and around the shoulders

Holding the stones on their edge, perform combing and stripping movement down either side of the spine, down to the base of the back, then back up to the neck

Place the cool stones in the bowl on the trolley, and take out the 2 stones from the towel

Perform effleurage using heated hands until the stones are ready to work



Do one effleurage movement, then starting at the top of the shoulders, hold one stone flat on the erector spinae muscle and use the other to gently tap 3 times (Vibrations). Slide the flat stone along alittle and repeat the tapping all the way down the side of the spine, flip the stone over at the base and repeat the same movement up the other side of the spine

Put the clients right hand into the small of the back (to open up the scapula) work on this area with the side of one stone using small pressure circles, then hold the stone on its side and use the other stone to tap, working on areas of muscle tension and knots

Repeat on the other side

Finish with effleurage movements and stretching with hands

Cover back with towel

Remove stones from soles of feet

REMOVE SACRAL STONE AND PLACE BACK INTO HEATER

Working on the front of the body

Turn client over, fold chest towel over at the top to create a pocket

Remove 8 flat stones from heater (stones no's 13-20)



Help client to sit up, place the 8 stones onto the couch positioning them so they will sit between the clients hips and scapula,with space in between for the spine. Cover the stones with a small towel and gently lay the client back onto the stones, ensure the stones feel comfortable

Take out the 7 Chakra stones (no's 21-27) and place them on the client, starting at the crown, then the 3rd eye (check the temperature is cooler for this stone, rub on arm or towel to disperse some of the heat)

Place the throat chakra under the towel flap, then the heart, Solar plexis, Sacral (largest stone, positioned inbetween the hip bones) and finally the Root just above the pubic bone



Remove 4 stones from the heater (stones no's 28-31), carefully place one in each of the clients hands (remember to warn client they may be hot, can rest hands on them) and place the other 2 stones above the back of the clients knees (make sure these are under a towel or small flannel, to preent them being in direct contact with the skin)

Remove the cosy toes stones from the heater (no's 40-47) and quickly place these in between the toes

Scalp, Face and Decollete



Position yourself at the head of the couch, remove 2 stones from the heater (no's 32-33) place these in the towel on the trolley. Apply a small amount of facial oil to the face, décolleté and tops of arms

Move throat chakra stone down a small amount for access to décolleté



Remove the crown and 3rd eye chakra stones, using these perform a scalp massage, then place either side of head on couch

Using the stones from the towel, squeeze them for heat into hands and perform effleurage movement with hands across décolleté and face until stones are ready to work on the skin

Using the stones flat, hold at forehead and perform slow, light drainage movements from centre to hairline, moving all the way down the face to the base of the neck
Turn head onto side and holding stone on its edge, do light combing and stripping movement on the trapezius muscle, if there is a lot of tension in the muscle, use the stone on its side and perform pressure circles. Repeat on other side.



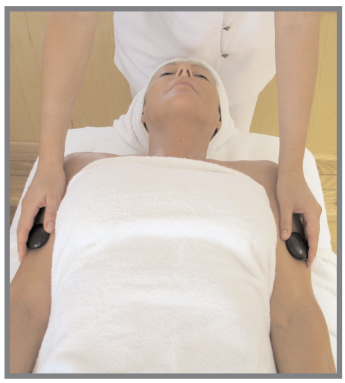
Use the stones to do effleurage and pressure circles across chest and décolleté, and arms. Be careful not to work over the clavicle

Leave the stones tucked behind the shoulders, putting pressure onto the trapezius muscle

Place the crown and 3rd eye chakra stones back at the top of the head and forehead

Arms and hands

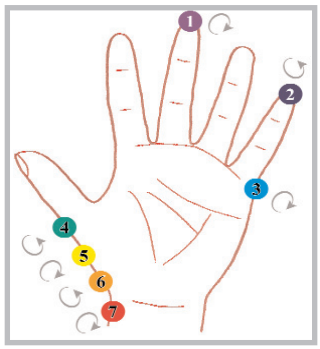
Remove 2 stones from the heater (no's 34-35) place one in the towel on the trolley and the other by the clients right side



Uncover the clients right arm, remove the stone from their hand, place it in the bowl on the trolley and apply oil to the arm and hand

Using the stone, perform effleurage movements from wrist to shoulder and back x3

Supporting the clients wrist, hold the stone slightly on its side and perform slow, pressure circles up the inside and outside of the forearm



Using the stone on its edge, perform combing and stripping movement draining up the metacarpals towards the wrist

Close down the chakras, starting with the middle finger, as illustrated

Repeat on the left arm

Front of the legs and feet

Remove the last 4 stones from the heater and place 2 above the knee, on the towel and 2 at the foot of the couch

Uncover the lower legs up to the knees, remove the cosy toes from the feet and place in the bowl

Apply oil to the lower legs

Repeat the same movement as performed on the backs of the legs, taking extra care not to use the stones over the tibia bone



Use the heat from the stones in your hands first, performing effleurage movements, then once the stones are able to work on the skin, do effleurage, then pressure circles then combing and stripping movement, then finish with effleurage if the stones have heat left in them

Remove the stones from above the knees and uncover the whole leg to the groin, apply oil

Again, repeat the same set of movements as before, taking extra care on the inner thigh, as this may be ticklish

Finish the legs with a whole effleurage movement using your hands

Cover the legs, leaving the feet free



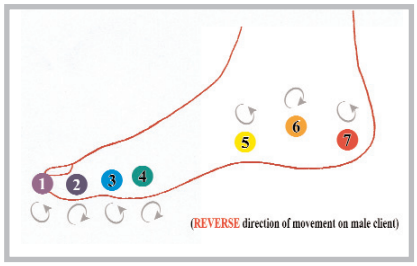
Apply oil to the feet, then cover the left foot, remove the 2 stones that are placed behind the knee, under the towel or a cloth

Supporting the right foot with your hand, perform very light effleurage movements over the front of the foot

Turn the stone on its side and perform combing and stripping inbetween the metatarsals from toes to ankles

Using the stone flat in the palm of your hand, perform deep kneading circular movements all along the sole of the foot

Close down the chakras, starting on the big toe, as illustrated



Repeat on the left foot

Closing down the treatment

To complete the treatment, begin at the head of the bed, standing at one side of the couch



Take the crown chakra stone in one hand and take the 3rd eye chakra in the other hand, lifting it above the client, tap the crown on the 3rd eye 3 times and place the crown chakra onto the couch

Take the 3rd eye and use this to tap the throat chakra, then place the 3rd eye stone on the couch

Repeat these steps until all the chakra stones have been removed and placed in the bowl on the trolley

Gently sit the client up, remove the back stones and place into the bowl

Offer the client a drink of water and leave them to rest for 5 minutes

Hot Rocks Stone Therapy

Stone Therapy Massage incorporates a mixture of traditional massage movements with other complementary therapies making it a very thorough treatment. Generating a deep level of relaxation and homeostasis as with all holistic work the client is treated as a whole and will receive the maximum benefit created from a full body treatment. Stone therapy can also be successfully broken down into parts and used to concentrate on specific problem areas.

The individual treatments used within the stone therapy massage will be heightened by the properties of the stones and by the appropriate use of heat or cold. Stone therapy can be used to complement many other treatments carried out in the salon or spa such as:

- **Manicure**
- **Pedicure**
- **Indian head massage**
- **Lymphatic drainage massage**
- **Ear candle treatments**
- **Facials**

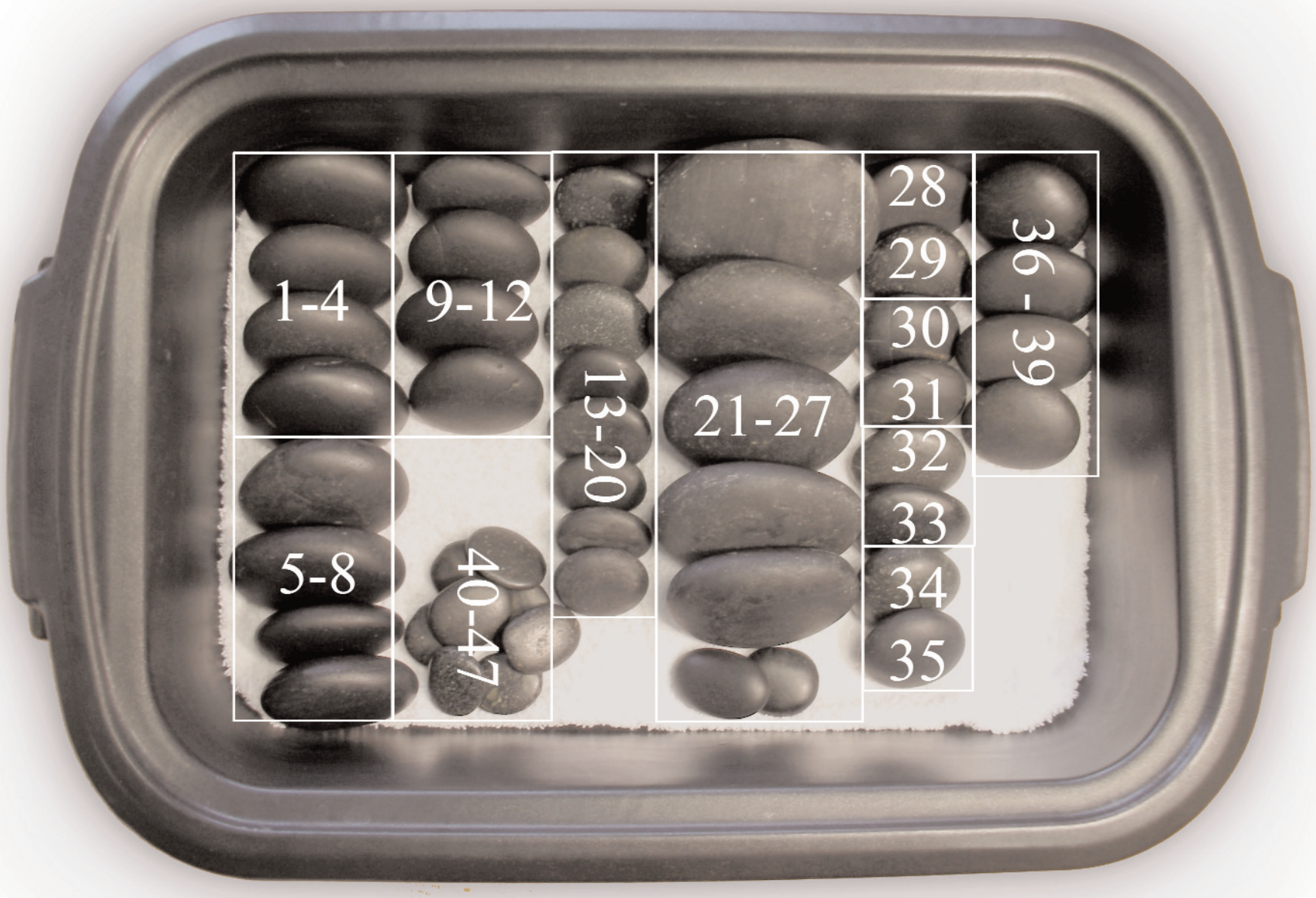
The images detailed below provide an insight into stone therapy massage.







Large 17 Litre Heater Setup
47 Stones for Full Body Treatment



1-4	Sides of Body
5-8	Back of Legs
9-12	Back
13-20	Back Stones
21-27	7 Chakra Stones
28-29	Hand Stones
30-31	Knee Stones
32-33	Chest
34-35	Forearms
36-39	Front of Legs
40-47	Cosy Toes



www.hiveofbeauty.com

Hive of Beauty Limited
Lovell, Lichfield Road Industrial Estate, Tamworth, Staffs, B79 7TA UK

Telephone: +44 (0)1827 316603 Fax: +44 (0)1827 316623
Training Dept: +44 (0)1827 317758 Training Email:Helen@hiveofbeauty.com
E-mail: sales@hiveofbeauty.com Website: www.hiveofbeauty.com