

CHAPTER 20 HOT STONE MASSAGE

Knowledge review answers

1. In ancient cultures women used hot stones to put over their abdomen to ease menstrual pains, and also at the end of their beds to warm their feet.
2. Basalt stones are volcanic rock which can be found all over the world and vary in colour from grey to green to black.
3. Marine stones are sedimentary and originate from ocean basins. They are formed via plant life and coral reefs and are silky in nature. When refrigerated their colour changes to a green hue.
4. Metasthetic means spreading, transforming and transferring energies.
5. Hyperaemic is the term used when the skin turns red due to a rapid increase in blood flow to the area.
6. Micro-circulation takes oxygen to the cells thereby stimulating cell metabolism, resulting in stimulating and detoxifying the blood and lymph.
7. The main effect of using cold stones is that of decongestion.
8. It is important to cleanse the stones thoroughly after each use because, like crystals, the stones absorb negativity from the client. Cleansing the stones stops that negativity being absorbed by the therapist or the next client.
9. No, hot stones are contra indicated for use over varicose veins, but cold stones can be beneficial.
10. Reasons why areas may remain red include congestion in a muscle, congestion in an underlying organ, energy or meridian blockages.
11. Freezer burns could be left on the skin if the cold stones were too cold before use.
12. If the stones were too hot to use, they should be placed into a bowl of cold water, then taken out immediately – this will diffuse the heat into the water, making them a comfortable heat for working with.
13. After use, the stones are either placed in a bowl for thorough cleaning or placed on a towel for spraying with antiseptic in between clients – both of which are kept under the couch for safety.
14. Commencing the massage using hot towels on the client's feet serves four purposes: cleans the feet, introduces heat to the massage, makes the client feel comfortable and cosseted immediately, and grounds the client.
15. A massage oil is needed for the basalt stones, in order for them to glide over the skin. The marine stones do not need a medium to work with but should still be cleaned as they will undoubtedly pick up oil from the skin.
16. No, hot stones are not incorporated immediately onto the client's skin. The heat is introduced to the therapist first, by handling the stones and feeling their warmth. When the stones are at the correct temperature, only then are they applied to the client's skin.
17. Stones left in a towel will retain their heat for up to 20–30 minutes. However, once used on the skin they will retain their heat for about five minutes on each side of the stone, the heat being transferred to the client.
18. You can reduce noise by only holding one stone in each hand at a time, and by placing a towel in the bowl you are putting the used stones into.
19. The two purposes for using a large flat stone over the lower lumbar area are for grounding the client and to maintain contact with the client, both through its heat and weight.

20. After care advice is the same as any holistic treatment. Additionally clients can be encouraged to rest for 15–20 minutes before leaving the salon and to keep warm and generally rest.