

# Heart and stone therapy

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**ASSIGN  
BUSTER**

322 Apply stone therapy massage 322 Apply stone therapy massage By Lucy Barnett By Lucy Barnett Task 1a \* The importance of carrying out a detailed body analysis & relevant tests is so that you can pick up on any posture faults, avoid any areas which may be contra indicated and you are able to give them information on ways to improve their posture. It is important to carry out relevant tests such as cold or hot and sharp and blunt so that you are sure the client can feel the difference.

This also prevents you from harming your client if they can feel something within the treatment which feels painful. \* The importance of positioning the client correctly so they are as comfortable as possible and you aren't causing them any pain or injury. It is important to be positioned correctly as a therapist so you prevent yourself from pain or injury if you consistently and positioned correctly this can result in repetitive strain injury. It is important to use the correct products, tools, equipment and technique because so the client can feel the best benefit from their treatment and it will not harm the client. \* It is important to complete treatment records correctly so that you have on record if the client has any contra-indications which may prevent or restrict a treatment. You will also have on record anything the client may be allergic to. \* It is important to complete the treatment to the satisfaction of the client so they go away feeling happy and return to you again in the future. Task 1b

Historical and culture background of stone therapy: The stones originated from Native Americans but they did not use them in massage. Stone therapy has been around for a long time but has been modernised through the years and now we use naturally shaped basalt pebbles and marble pebbles that

have been cut to shape to deliver hot and cold temperatures. Four types of stones: Basalt stones: Hot stone, made from volcanic rock used all over the body. Should be recharged once a month in either; a bowl of salt water, in direct sunlight/ moonlight or burying in the earth overnight.

Marble stones: cold stone, made from limestone should be recharged by leaving in sunlight/moonlight or burying in the earth overnight

Marine stones: cold stone, made from sedimentary rock should be recharged by leaving in sunlight/moonlight or burying in the earth overnight.

Semi-precious stones: can be used hot or cold, gem stones, usually used for shakra placing. Should be recharged; with reiki energy, leaving in sunlight/moonlight and cleansing in a bowl with other crystals.

Physical and physiological effects of hot and cold stones: Effects of hot stones 1 Vaso-dilation - the blood vessels widen, bringing blood to areas of the body ie skin

\* Increased circulation - more oxygenated blood circulating \* Increased

metabolism - speeds up the rate of nutrients being utilised \* Increased pulse

rate - helps the heart pump efficiently \* Increased cell metabolism - speeds

up the process of manufacturing new cells \* Increased lymph function -

speeds up the removal of toxins and waste \* Relaxes the muscles - enables

the therapist to work on the muscles without causing discomfort to the client

\* Reduces muscle tension Relaxes the mind \* Different emotions may cause

some clients to feel upset. Effects of cold stones 1 \* Vaso-constriction - the

blood vessels narrow, taking blood away from areas of the body, ie skin \*

Analgesic effect - natural pain relief released in the body \* Reduces

inflammation - excess blood is taken away from the area \* Reduces

histamine - reduces this irritant often present in stressed muscles, causing

the muscles to relax. \* Body pumped to the core organs, ie heart, lungs \*  
Relaxes the mind \* Reduces headaches Task 1c

One Fungal infection that would prevent the treatment: Ringworm One  
Bacterial infection that would prevent the treatment: Impetigo One viral  
infection that would prevent the treatment: Shingles One severe skin  
condition: Severe eczema Ten contra-indications that would restrict the  
treatment: 1. Diabetes 2. Epilepsy 3. High/low blood pressure 4. Piercings 5.  
Anxiety 6. Cuts 7. Abrasions 8. Bruises 9. Metal plates or pins 10. Recent  
dermabrasion Bibliography Task 1a - core unit's book Task 1b - lastone  
therapy book Task 1c - notes taken in class