

322

Apply stone therapy massage

Stone therapy massage is a wonderful treatment – body massage with the wow factor! This ancient therapy was known to the Incas and Native Americans and has been handed down through the ages resulting in the treatment we have today. This unit will teach you how to prepare yourself, your equipment and your client safely and effectively. You will learn how to carry out the recognised techniques, involving the fusion of heat, coolness, massage and balancing of energies, with skill and confidence. This treatment is pampering and nurturing but also seriously relaxing!

Assignment mark sheet

Unit 322 Apply stone therapy massage

Your assessor will mark you on each of the practical tasks in this unit. This page is used to work out your overall grade for the unit. You must pass **all** parts of the tasks to be able to achieve a grade.

For each completed practical task, a pass equals 1 point, a merit equals 2 points and a distinction equals 3 points.

| What you must know | Tick when complete |
|---|--------------------|
| Task 1a: produce an information sheet | |
| Task 1b: produce a fact sheet | |
| Task 1c: produce a fact sheet | |
| Task 1d: anatomy and physiology | |
| Or tick if covered by an online test | |

| What you must do | Grade | Points |
|-------------------------------------|-------|--------|
| Task 2: Apply stone therapy massage | | |

Overall grade

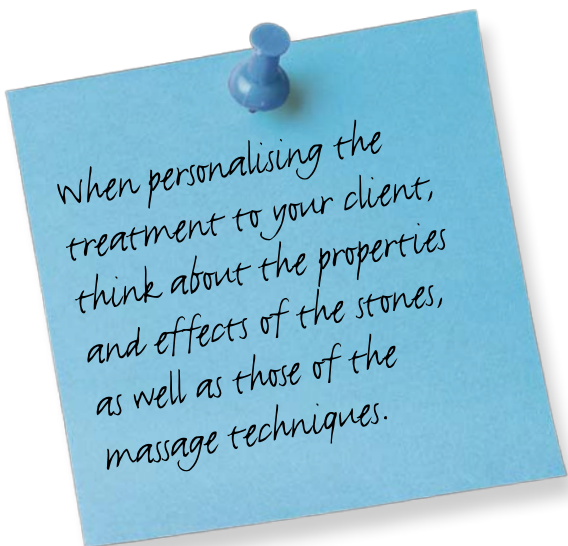
Candidate name:

Candidate signature: Date:

Assessor signature: Date:

Quality assurance co-ordinator signature (where applicable): Date:

External Verifier signature (where applicable): Date:



What does it mean?

Some useful words are explained below

Adipose tissue

The layer of fat cells that lies beneath the dermis; otherwise known as the subcutaneous layer.



Basalt stone

A black, volcanic rock that absorbs and retains heat well. Its penetrative warmth helps to release deep muscular tension and congestion, and improves the general circulation.

Cellulite

Congested tissue with a dimply 'orange peel' appearance. It is usually cold to the touch and is found on the thighs and buttocks.

Contra-indications

Conditions that prevent treatment from taking place, or make it necessary to modify the treatment.

Deep vein thrombosis (DVT)

A blood clot in a deep vein. It commonly affects the leg veins, such as the femoral or popliteal vein.

Effleurage

A stroking technique used to begin the massage and complete an area. It is also useful to link movements to provide flow and rhythm in the massage. Can be carried out either manually or using the stones.

Erythema

Redness of the skin resulting from dilation of blood vessels, due to stimulation, irritation or allergy.

Impetigo

A bacterial skin infection where small blisters break open and then crust over to form honey coloured scabs.

Kyphosis

A postural condition where the upper thoracic area of the spine curves forward, rounding the shoulders and causing the head to 'poke' forward.



Lifestyle patterns

Regular habits such as smoking, alcohol intake, sleep, relaxation and exercise patterns, as well as diet and fluid intake.

Lordosis

A postural condition where the lower lumbar region of the spine curves in, causing a 'hollow' back and the buttocks and abdomen to protrude.



Marble

A hard, cold and smooth stone. Marble is used chilled for its cooling, decongesting and cleansing action to refresh and invigorate the body.

Massage medium

The product that is used to carry out the massage and to provide slip and glide.

Massage techniques

Specific movements applied to the body for a stimulating or relaxing effect. Massage techniques in hot stone therapy include effleurage, petrissage, friction, tapping, tucking, placement and trigger point. The speed and depth at which these techniques are applied can alter their effects.

Repetitive strain injury

Soft tissue injury, usually in the wrists as a result of overuse.

Ringworm

A contagious fungal infection where there are circles of red itchy skin, which heal from the centre.

Scoliosis

A sideways curvature to the spine, which can result in uneven hip and shoulder height.

Sterilisation

The complete destruction of micro-organisms and their spores.

Treatment objective

The desired outcome of the stone therapy treatment.

What you must know

You must be able to:

- 1 Describe salon requirements for preparing yourself, the client and work area
- 2 Describe the environmental conditions suitable for stone therapy massage
- 3 Describe the different consultation techniques used to identify treatment objectives
- 4 Explain the importance of carrying out a detailed body analysis and relevant tests
- 5 Describe how to select products, tools and equipment to suit the client's treatment needs
- 6 Explain the contra-indications that prevent or restrict stone therapy massage
- 7 Describe the types of stones, their properties and uses
- 8 Describe the historical and cultural background for stone therapy massage
- 9 Describe how stones should be stored
- 10 Explain how to communicate and behave in a professional manner
- 11 Describe health and safety working practices
- 12 Explain the importance of positioning yourself and the client correctly throughout the treatment

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Revision tip

Warm stones will dilate blood vessels, whilst chilled ones make them contract.



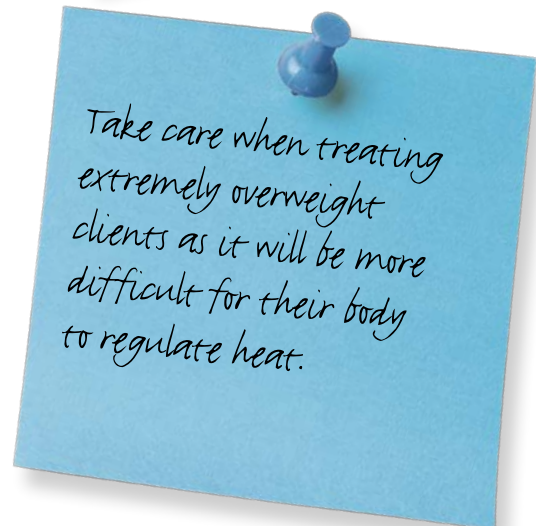
Follow in the footsteps of... “ *Melissa Peacock*”

Melissa Peacock is an Advanced Practitioner at Bedford College, where she is responsible for teaching and mentoring new lecturers. She has also done consultancy and examining work, and has written several logbooks for City & Guilds. Melissa has worked in beauty therapy for almost 20 years. Her favourite treatments are relaxing therapies like stone therapy! [Read on for Melissa's fab stone therapy tips!](#)

- 13 Explain the importance of using products, tools, equipment and techniques to suit client's treatment needs
- 14 Describe how treatments can be adapted to suit client's treatment needs
- 15 State the contra-actions that may occur during and following treatments and how to respond
- 16 Explain the importance of completing the treatment to the satisfaction of the client
- 17 Explain the importance of completing treatment records
- 18 Describe the methods of evaluating the effectiveness of the treatment
- 19 Describe the aftercare advice that should be provided
- 20 Describe the structure, function, position and action of the muscles of the body
- 21 Describe the location, function and structure of the bones of the body
- 22 Describe the location, function and structure of the circulatory and lymphatic systems for the body
- 23 Describe the physical and psychological effects of the hot and cold stone therapy

Revision tip

Diabetes can reduce the sensitivity of the skin, meaning the epidermis may burn without the client realising.



Keep the stones moving to avoid burning the client.

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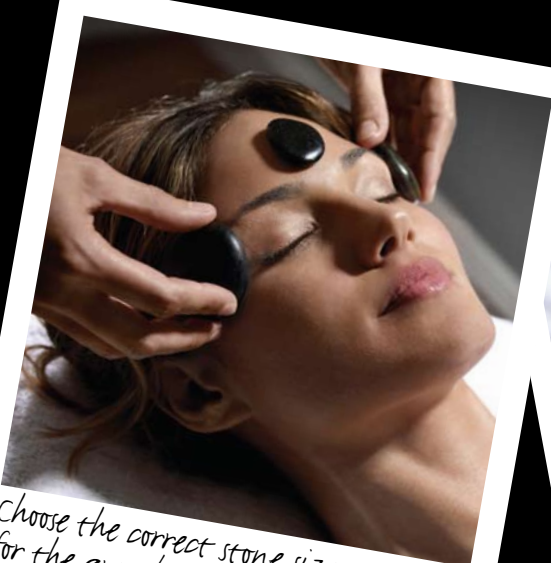
Use the stones as an extension of your hand, concentrating on what your movements must feel like for the client.



Ensure that your client is positioned correctly during the treatments.

Image courtesy of iStockphoto.com/clu

Stone t



Choose the correct stone size and shape for the area being worked on.



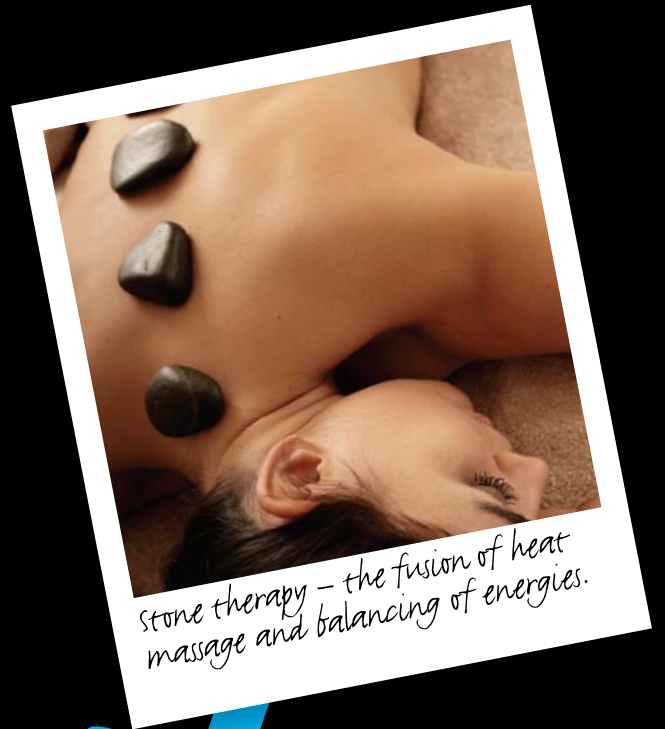
Tiny stones can be placed between the toes.

Image courtesy of The Sanctuary | Image courtesy of iStockphoto.com/schmidt/productions

Image courtesy of iStockphoto.com/Peter-john Freeman

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Organise your stones so you use them in order – that way they'll be hot when you need them.



stone therapy – the fusion of heat massage and balancing of energies.

therapy

Image courtesy of iStockphoto.com/Sporistock

Following the massage, cool down your hands in tepid water if necessary.



stone therapy can be an excellent choice for male clients as it allows for deeper work.

What you must do

Practical observations

This page shows what you need to do during your practical task. You can look at it beforehand, but you're **not** allowed to have it with you while carrying out your practical task. You must achieve **all** the criteria; you can achieve 1 mark, 2 marks or 3 marks for the criteria indicated with *****.

Conversion chart

| Grade | Marks |
|-------------|-------|
| Pass | 12–15 |
| Merit | 16–22 |
| Distinction | 23–26 |

Please tick when all pre-observation requirements have been met

- 1 Prepare yourself, the client and the work area for stone therapy massage treatment
- 2 Use suitable consultation techniques to identify treatment objectives *
- 3 Carry out a body analysis and relevant tests *
- 4 Provide clear recommendations to the client *
- 5 Position yourself and the client correctly throughout the treatment
- 6 Select and use products, tools and equipment to suit client's treatment needs *
- 7 Use and adapt massage techniques to meet the needs of the client *
- 8 Communicate and behave in a professional manner
- 9 Follow health and safety working practices
- 10 Complete the treatment to the satisfaction of the client *
- 11 Record and evaluate the results of the treatment
- 12 Provide suitable aftercare advice *

Total

Grade

Candidate signature and date

Assessor signature and date

| Apply stone therapy techniques | | |
|--------------------------------|---|---|
| 1 | | |
| 1 | 2 | 3 |
| 1 | 2 | 3 |
| 1 | 2 | 3 |
| 1 | | |
| 1 | 2 | 3 |
| 1 | 2 | 3 |
| 1 | | |
| 1 | 2 | 3 |
| 1 | | |
| 1 | 2 | 3 |
| | | |
| | | |
| | | |
| | | |

What you must do

Practical observations descriptors table

This table shows what you need to do to achieve 1, 2 or 3 marks for the criteria indicated with * on the previous page.

| | 1 mark | 2 marks | 3 marks |
|---|--|--|--|
| 2 Use suitable consultation techniques to identify treatment objectives | <p>Basic consultation</p> <p>Examples: uses open and closed questions, checks for contra-indications, identifies the treatment objectives correctly.</p> | <p>Good consultation</p> <p>Examples: positive body language, uses open and closed questions to identify contra-indications, general health, lifestyle and expectations; identifies the treatment objectives and any factors that may limit or restrict the treatment.</p> | <p>Thorough consultation</p> <p>Examples: positive body language, uses open and closed questions to identify contra-indications, general health, lifestyle and expectations, how client feels about their body and what improvement they would like to achieve; identifies the treatment objectives and any factors that may limit or restrict the treatment, allows the client to ask any questions to confirm understanding.</p> |
| 3 Carry out a body analysis and relevant tests | <p>Carries out a basic analysis, identifies client's posture, records findings.</p> | <p>Carries out a good analysis, identifies client's posture and any figure faults, body and skin type, records findings.</p> | <p>Carries out a detailed analysis, identifies client's posture and any figure faults, body type, and skin type and condition (ie soft fat, hard fat, cellulite), records findings.</p> |

Continues on next page



What you must do

Practical observations descriptors table (continued)

This table shows what you need to do to achieve 1, 2 or 3 marks for the criteria indicated with * on the previous page.

| | 1 mark | 2 marks | 3 marks |
|---|--|---|--|
| 4 Provide clear recommendations to the client | A basic treatment plan is recommended Example: explains treatment procedure and any adaptations to meet client treatment needs. | A good treatment plan is recommended Examples: explains treatment procedure and any adaptations to meet client treatment needs based on factors identified during consultation (lifestyle, medication (if any), contra-indications, results of postural diagnosis), a choice of stones to be used. | A thorough treatment plan is recommended Examples: explains treatment procedure and any adaptations to meet client treatment needs based on factors identified during consultation (lifestyle, medication (if any), contra-indications, results of postural diagnosis), a choice of stones to be used and the reasons why, adaptation of massage movements to suit client treatment needs, allows the client to ask questions about the treatment plan. |
| 6 Select and use products, tools and equipment to suit client's treatment needs | Selects and uses the basic products, stones and equipment based on factors identified in body analysis and consultation. | Selects and uses the basic products, stones and equipment based on factors identified in body analysis and consultation, explains effects and benefits of the products and stones to the client as appropriate throughout. | Selects and uses the basic products, stones and equipment based on factors identified in body analysis and consultation, explains effects, benefits and use of the products and stones to the client as appropriate throughout, explains the treatment to the client as appropriate throughout. |

Continues on next page

| | 1 mark | 2 marks | 3 marks |
|---|--|---|--|
| 7 Use and adapt massage techniques to meet the needs of the client | Stones are placed in the correct positions, uses a basic range of movements, movements are even and flowing, uses appropriate pressure for the client, adapts the massage routine to suit client treatment objectives. | Stones are placed in the correct positions, uses a range of massage movements correctly and fully with even flow showing variations in rate and rhythm according to treatment objectives, uses appropriate pressure for the client, adapts the massage routine to suit client treatment objectives. | Stones are placed in the correct positions throughout the treatment in a controlled manner to avoid discomfort to the client, the whole routine flows throughout, uses appropriate pressure for the client, demonstrates a wide range of movements and techniques, checks the client's comfort and wellbeing at appropriate times, adapts the massage routine to suit client treatment objectives. |
| 10 Complete the treatment to the satisfaction of the client | The treatment is completed within the agreed time and brought to a satisfactory close. | The treatment is completed within the agreed time, brought to a satisfactory close, excess massage medium is removed from the skin correctly. | The treatment is completed within the agreed time, brought to a satisfactory close, excess massage medium is removed from the skin correctly, the client is asked for feedback and is allowed sufficient time to get dressed. |
| 12 Provide suitable aftercare advice | Basic aftercare advice Examples: how to deal with possible contra-actions, product(s) to use, importance of rest and relaxation, future treatment needs. | Good level of aftercare advice Examples: how to deal with possible contra-actions, product(s) to use, importance of rest and relaxation, specific lifestyle advice (ie dealing with stress, fluid intake, healthy eating), future treatment needs. | Excellent aftercare advice Examples: how to deal with possible contra-actions, product(s) to use, importance of rest and relaxation, specific lifestyle advice (ie dealing with stress, fluid intake, healthy eating), postural awareness, recommends future treatment programme (regular massage, introduction of new/ alternative treatments). |

Comment form

Unit 322 Apply stone therapy massage

This form can be used to record comments by you,
your client, or your assessor.



Image courtesy of www.therapyessentials.co.uk