

## ITEC Level 3 Diploma in Stone Therapy Massage

### Unit 47 Stone Therapy Massage

Recommended guided learning hours – 50

*Pre-requisite – Students must hold the ITEC Level 3 Diploma in Holistic Massage or the ITEC Level 3 Diploma in Body Treatments or equivalent*

#### Unit 47 Stone Therapy Massage

	<b>Underpinning knowledge</b>
1) Understand, explain and demonstrate the Holistic Approach	<ul style="list-style-type: none"> <li>• Greek term holos</li> <li>• Importance of the treatment of the whole person in relation to holistic health and the power of touch</li> <li>• Concept of balance and harmony in the body (homeostasis)</li> </ul>
2) Understand and explain the concept and history behind Stone Therapy massage	<p>To include;</p> <ul style="list-style-type: none"> <li>◆ Origination • Native American traditions</li> <li>◆ Nature</li> <li>• Principles of Kneipp therapy</li> <li>• Principle of geothermotherapy • Holistic approach</li> <li>• Homeostasis • Chemical • Physical and spiritual effects</li> <li>• Concept and effects of working with Energy</li> <li>• Benefits for the therapist</li> <li>◆ Concept of the five elements and their link to stone therapy treatment • Water • Wood • Fire • Earth • Air</li> </ul>
3) Understand and explain the use of chakras	<p>To include balancing the Chakras:</p> <ul style="list-style-type: none"> <li>• Base/Root • Sacral • Solar plexus • Heart • Throat</li> <li>• Third eye/Brow • Crown</li> <li>◆ Secondary chakras</li> <li>• Feet • Knees • Hands • Elbows</li> <li>• The position and related body area • The related colour</li> <li>• Element • Gem stone</li> </ul>
4) Understand and explain the term Aura and it's link to stone therapy massage	<p>To include:</p> <ul style="list-style-type: none"> <li>◆ Definition</li> <li>◆ Factors which may influence changes in the aura • Mental • Physical • Spiritual • Emotional health</li> </ul>
5) Understand and explain the term integral biology	<ul style="list-style-type: none"> <li>◆ The way in which our physical environment affects us and the way in which social, economic and environmental factors affect our health and social wellbeing</li> </ul> <p>To include:</p> <ul style="list-style-type: none"> <li>• Computers • Mobile phones • Processed food</li> <li>• Lack of fresh air • Jet lag • Lack of natural daylight</li> <li>• Stress • Lack of sleep • Financial problems</li> <li>• Poor ventilation • Lack of exercise • Chemicals • Pollution</li> </ul>
6) Understand and explain the appropriate legislation applicable to stone therapy massage treatment	<p>To include:</p> <ul style="list-style-type: none"> <li>• Any particular rights, restrictions and Charters</li> <li>• Legal framework related to people and settings with which the practitioner is involved, e.g. Mental Health Act</li> <li>• Children's Act</li> <li>• Moral rights which are not recognised in Law</li> <li>• Records which the practitioner is responsible for completing in relation to rights and responsibilities</li> </ul>
7) Understand and explain the issues surrounding 'consent' to treatment	<p>To include:</p> <ul style="list-style-type: none"> <li>• Importance of obtaining written consent from the client</li> <li>• Methods of obtaining consent and how to confirm that clients have been given sufficient information on which to base their own judgement</li> <li>• Ensure that agreements are in the client's best interests</li> <li>• Ensure that clients sign the consultation form as self certification particularly when pre-existing conditions may exist</li> </ul>

<p>8) Understand and explain methods of consultation</p>	<p><i>An example of a consultation form can be found at <a href="http://www.itecworld.co.uk">www.itecworld.co.uk</a></i></p> <p>Candidates should demonstrate knowledge of the importance of the following:</p> <ul style="list-style-type: none"> <li>• Private comfortable area</li> <li>• Positive body language</li> <li>• Positioning of the client (no barriers between themselves and client)</li> <li>• Good communication skills (asking open and/or closed questions where appropriate)</li> <li>• Trust</li> <li>• Professionalism, confidence and enthusiasm</li> <li>• Confidentiality</li> <li>• Consent (see notes above)</li> <li>• Inform clients of any restrictions to treatment e.g. local contraindications to treatment</li> <li>• Any contraindications to treatment (as listed below)</li> <li>• Ensure clients are not alarmed in any way</li> <li>• Client lifestyle</li> <li>• Client profile</li> <li>• Importance of planning a treatment programme bearing in mind the client's religious, moral and social beliefs</li> <li>• Determining the nature and extent of the client's needs</li> <li>• Agreement to the course of action</li> <li>• Explanation of any possible side effects to the treatment</li> <li>• Explanation of how the programme will be evaluated and the review process</li> <li>• Obtain the client's signature particularly when pre-existing conditions may exist</li> </ul>
<p>9) Understand and demonstrate recognition of common ailments and contraindications to stone therapy massage</p>	<ul style="list-style-type: none"> <li>◆ <b>With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained the client must sign an informed consent stating that the treatment and its effects has been fully explained to them and confirm that they are willing to proceed without permission from their G.P. or specialist</b></li> <li>• Pregnancy</li> <li>• Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions)</li> <li>• Haemophilia</li> <li>• Any condition already being treated by a GP or another practitioner</li> <li>• Medical oedema</li> <li>• Osteoporosis</li> <li>• Arthritis</li> <li>• Nervous/Psychotic conditions</li> <li>• Epilepsy</li> <li>• Recent operations</li> <li>• Diabetes</li> <li>• Asthma</li> <li>• Any dysfunction of the nervous system (e.g. Muscular sclerosis, Parkinson's disease, Motor neurone disease) <ul style="list-style-type: none"> <li>• Bells Palsy</li> <li>• Trapped/Pinched nerve (e.g. sciatica)</li> </ul> </li> <li>• Inflamed nerve</li> <li>• Cancer</li> <li>• Postural deformities</li> <li>• Spastic conditions</li> <li>• Kidney infections</li> <li>• Whiplash</li> <li>• Slipped disc</li> <li>• Undiagnosed pain</li> <li>• When taking prescribed medication</li> <li>• Acute rheumatism</li> <li>◆ <b>Contraindications that restrict treatment</b></li> <li>• Fever</li> <li>• Contagious or infectious diseases</li> <li>• Under the influence of recreational drugs or alcohol</li> <li>• Diarrhoea and vomiting</li> <li>• Skin diseases</li> <li>• Undiagnosed lumps and bumps</li> <li>• Localised swelling</li> <li>• Inflammation</li> <li>• Varicose veins</li> <li>• Pregnancy (abdomen)</li> <li>• Cuts</li> <li>• Bruises</li> <li>• Abrasions</li> <li>• Scar tissues (2 years for major operation and 6 months for a small scar)</li> <li>• Sunburn</li> <li>• Hormonal implants</li> <li>• Abdomen (first few days of menstruation depending how the client feels)</li> <li>• Haematoma</li> <li>• Hernia</li> <li>• Recent fractures (minimum 3 months)</li> <li>• Cervical spondylitis</li> <li>• Gastric ulcers</li> <li>• After a heavy meal</li> <li>• Conditions affecting the neck</li> </ul>

<p>10) Understand, explain and demonstrate appropriate client care</p>	<p>To include:</p> <ul style="list-style-type: none"> <li>• Checking consultation and contraindications</li> <li>• Explaining the treatment to the client</li> <li>• Helping the client onto the couch and protecting the client's modesty at all times</li> <li>• Ensure that all parts of the client are covered except the area being treated</li> <li>• Sanitise the feet</li> <li>• Wash own hands</li> <li>• Keep ensuring that the client is comfortable</li> <li>• Use appropriate supports, i.e. under the ankles, chest and forehead, knees, head</li> <li>• Ensure the layout of the stones is comfortable for the client</li> <li>• Use appropriate water soluble oil as a medium</li> <li>• Perform tactile and thermal safety tests</li> <li>• Ensure the stones are not too hot or too cold and are used evenly over the body</li> <li>• Ensure the temperature of the stones is appropriate for the client</li> <li>• Adapt the Stone Therapy Massage techniques to suit the needs of the client</li> <li>• Adapt the pressure of the stone massage particularly over bony areas</li> <li>• Remove the massage medium at the end of the treatment</li> <li>• Help the client off the couch protecting their modesty at all times</li> </ul>
<p>11) Understand, explain and demonstrate the correct hygiene procedures</p>	<p>To include:</p> <ul style="list-style-type: none"> <li>• Describe the most efficient form of sterilisation in the clinic</li> <li>• Describe the best form of waste removal in the clinic (particularly when contaminated)</li> <li>• Reasons for good personal hygiene</li> <li>• Wash own hands</li> <li>• Wipe the client's feet</li> <li>• Use clean towels for each client</li> <li>• Put couch roll on top of towels</li> <li>• Wear clean professional work wear</li> <li>• Socks/tights and full flat shoes</li> <li>• Remove all jewellery (except wedding band on client and therapist and stud earrings on therapist) from self and client</li> <li>• No nail enamel</li> <li>• Clean short nails</li> <li>• Hair tied back off collar and face</li> <li>• Ensure stones are clean with no chips or crevasses that may harbour bacteria or cut the client</li> <li>• Wipe stones with alcohol or surgical spirit after use</li> <li>• Use of sterilising tablets or solution in the stone heater</li> </ul>
<p>12) Understand and demonstrate the selection and placement of the stones</p>	<p>To include:</p> <ul style="list-style-type: none"> <li>• Hygiene</li> <li>• Preparation and care of the stones</li> <li>• Hot</li> <li>• Chilled (not all used in every treatment)</li> <li>• Methods of re-charging the stones to include – natural sea salt, sage, energy, circles (mandalas) , sunshine</li> <li>♦ Types of stones and their benefits</li> <li>• Volcanic rock, e.g. basalt/jade (warm)</li> <li>• Marine stone, e.g. marble/sardonyx (cold)</li> <li>• Compiling a set of stones</li> <li>• Semi precious stones</li> <li>• Layout of the stones in the heater</li> <li>• Heating temperature</li> <li>• Methods of cooling the stones</li> </ul>
<p>13) Understand, explain and demonstrate how the hot stone heater works</p>	<p>To include:</p> <ul style="list-style-type: none"> <li>• Structure</li> <li>• Way in which the stones should be placed inside</li> <li>• How the heater heats the stones</li> <li>• Correct temperature of the working stones</li> </ul>
<p>14) Understand, explain and demonstrate the stone therapy massage sequence and the physiological and psychological effects</p>	<p>To include:</p> <ul style="list-style-type: none"> <li>♦ When to use hot and when to use cold stones</li> <li>• Vasodilatation</li> <li>• Vasoconstriction</li> <li>• Use of oil as a medium</li> <li>• Correct handling and holding of the stones by the therapist</li> <li>• Correct positioning of the stones above and below the client when used</li> </ul>

	<ul style="list-style-type: none"> <li>◆ Movements to include: <ul style="list-style-type: none"> <li>• Effleurage • Petrissage (kneading/frictions)</li> <li>• Trigger points work • Cross fibre friction • Holding</li> <li>• Tapping (piesoelectric effect) • Vibrations</li> <li>• Opening, balancing and closing of Chakras</li> </ul> </li> <li>◆ Treatment should be adapted to suit the client's needs <ul style="list-style-type: none"> <li>• Full body, facial or a part of the body • Hot or cold</li> <li>• Pressure should be alternated accordingly</li> </ul> </li> </ul>
15) Understand and explain the physiological and psychological effects of stone therapy massage	<p>To include:</p> <ul style="list-style-type: none"> <li>• Vasodilation • Vasoconstriction • Metabolism • Heart rate</li> <li>• Respiration • Immune system</li> <li>• Relaxation of the body and mind</li> </ul>
16) Understand and explain the structures they are working over and their function	<ul style="list-style-type: none"> <li>• To include all of the body systems in the anatomy and physiology section – unit 1/30-40</li> </ul>
17) Understand and explain other complementary therapies and the ways in which they are performed	<p>To include:</p> <ul style="list-style-type: none"> <li>• Homeopathy • Reflexology • Reiki/Spiritual Healing</li> <li>• Yoga/meditation • Acupuncture • Shiatsu</li> <li>• Bach Flower remedies • Kinesiology • Bowen Technique</li> <li>• Alexander Technique • Herbalism • Chiropractic</li> <li>• Iridology • Acupressure • Ayurvedic medicine</li> <li>• Aromatherapy • Osteopathy • Holistic Massage</li> <li>• Indian Head Massage • Crystal therapy • Ear candling</li> <li>• Colour therapy</li> </ul>
18) Understand and explain the importance of referral procedures	<p>To include:</p> <ul style="list-style-type: none"> <li>• Only working within the realms of their own expertise as a Stone Therapy Massage therapist</li> <li>◆ Demonstration of the understanding of when a client should be referred to either: <ul style="list-style-type: none"> <li>• GP • Counsellor • Other Complementary Therapist</li> <li>• Member of the social care or nursing team, community based voluntary and statutory support systems available</li> </ul> </li> </ul>
19) Understand, explain and demonstrate the importance of giving appropriate homecare advice after treatment	<p>To include:</p> <ul style="list-style-type: none"> <li>• Healthy eating • Fluid/water intake • Exercise</li> <li>• Smoking habits • Sleep patterns • Hobbies • Interests</li> <li>• Rest • Relaxation • Stress levels</li> <li>• General care and lifestyle advice and the beneficial effects thereof</li> <li>• Helping clients and families to identify options to improve their health and wellbeing in terms of Stone Massage treatment</li> <li>• Helping clients and families to put their choices into action</li> </ul>
20) Understand and explain how to deal with First Aid emergencies in the clinic (candidates are advised to take a St Johns Ambulance or Red Cross First Aid Certificate)	<p>To include:</p> <ul style="list-style-type: none"> <li>• List the contents of a first aid box and it's importance</li> <li>• Necessity for an accident book and it's contents</li> <li>◆ <b>Correct first aid procedures for the following:</b> <ul style="list-style-type: none"> <li>• Fainting • Burns/scalds • Epileptic fit • Bleeding • Hysteria</li> <li>• Heart Attack • Unconsciousness • Twisted ankle</li> <li>• Asthma attack • Diabetic coma • Nose bleed • Insect sting</li> <li>• Hyperventilation • Migraine • Dizziness</li> <li>• Recovery position</li> <li>• Knowing how to call for medical assistance</li> </ul> </li> </ul>

## ITEC Unit 47 Stone Therapy Massage Evidence of Treatments

Evidence of treating a range of 3 clients on 3 separate occasions each with Stone Therapy Massage and outcomes recorded.

These are internally assessed by the college lecturer and verified by the ITEC Practical Examiner

To include:

- Consultation
- Medical History
- Stress levels at home and work
- Treatment Details
- Client Feedback
- Aftercare/Home care advice

Treatments should be evidenced through the consultation form. See [www.itecworld.co.uk](http://www.itecworld.co.uk) for a sample consultation form and evidence of treatments guidance form.