

BASALT LAVA HOT STONE - GUIDE

It is important to get the feel of the different sized stones and what they are like to work within your hands. Practice massaging with the stones, from the small-sized stones to the large ones. Generally speaking, the larger stones are used for massaging the larger muscles, such as the thighs and back. Medium stones are used for massaging the medium sized muscles, such as the shoulders and arms. Smaller stones are used for massaging smaller muscles, like the hands or the face. Placement stones are flat on one side so they will stay in place. Smaller stones that are being massaged with (used actively) will cool quickly, typically within a few minutes. Therapists will need to exchange cool stones for newer hot stones frequently. By placing the used and cool stones to one side of the heater, and keeping unused and warmer stones on the other, therapists will be able to make quick and efficient exchanges as needed. The larger stones will retain their heat for a longer period of time. Hot stones should always be used with oil, even on the face to assist with proper glide, and to avoid trauma to the skin. When massaging a small area, such as the face, make small movements with the stones in this position.

Wash the stones off in the sink and clean them with rubbing alcohol.

Heat your rocks; this can be done using a hot stone heater.

Use caution when taking the stones out of the heater.

Place the heated rocks in a cotton bag and put them under your bed covers.

Place stones in stone heater and add enough water to cover them.

Follow instructions for the heater to properly heat stones.

Use a thermometer to check the temperature of the water. When the thermometer almost reaches 120 degrees Fahrenheit (48.89 degrees Celsius), carefully remove the first stone from the stone heater and test the temperature of the stone by touching it with your finger, then holding it in your hand. The temperature should feel warm to the touch, but not uncomfortable.

Dry the stones off with a towel.

Lay the person receiving the hot stone massage face down on a massage table or bed. Cover their back with a sheet.

Place 3 of the hot stones on their left leg. Put 1 stone in the middle of the thigh, 1 stone in the middle of the calf and 1 behind the kneecap.

Squirt a small amount of massage oil into your hand and rub the oil on their right leg. Hot stone therapy includes utilizing a stone as a massage tool. Rub a heated stone up and down their right leg.

Switch the stones to their right leg and use the same hot stone massage techniques on the left leg.

Remove the sheet from their back and move the stones to their lower back. Cover their legs with the sheet to keep them warm.

Place 1 stone on their neck and 1 stone on each shoulder. Move the rest of the stones to their spine.

Add more massage oil as necessary. Use hot stones to massage the upper back, neck and shoulder blades.

Take the stones off and have the person turn onto their back. Hot stone massage will work on both sides of the body. Cover their upper body with the sheet.

Set 3 stones on each calf and use hot rocks to massage along their arms and legs.

Change the position of the sheet and stones. Move the stones off their calves and place 1 of them near the heart, 1 close to the sternum and 1 on their belly button. Use hot rocks on each shoulder, and cover their lower body with the sheet.

Massage their chest, stomach and neck. When using hot stone therapy, rub with a circular motion around their stomach area.

Add more oil to your pal, and massage their face and scalp with your fingers.

Let the person relax for a few minutes after you have completed their hot stone massage.