

## Overview

This standard is about the skills involved in providing hot and cold stone therapy treatments. It covers both massage and the placing of stones on the head, face and body. The ability to adapt stone therapy treatments to suit an individual client's needs is a crucial requirement.

To carry out this standard you will need to maintain effective health, safety and hygiene throughout your work. You will also need to maintain your personal appearance and demonstrate effective communication and consultation skills.

The main outcomes of this standard are:

1. maintain safe and effective methods of working when providing stone therapy treatments
2. consult, plan and prepare for stone therapy treatments
3. perform stone therapy treatments

## Performance criteria

*You must be able to:*

### **Maintain safe and effective methods of working when providing stone therapy treatments**

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1. maintain your responsibilities for health and safety throughout the treatment
2. prepare your client and yourself to meet legal and organisational requirements
3. maintain your client's modesty and privacy at all times
4. position your client to meet the needs of the treatment
5. ensure your own posture and working methods minimise fatigue and the risk of injury to yourself and others
  1. provide support and cushioning to the required areas of the body during the treatment
7. ensure environmental conditions are suitable for the client and the treatment
  1. use working methods that minimise the risk of cross-infection
  2. ensure the use of clean equipment and materials
  3. promote environmental and sustainable working practices
  4. follow workplace and suppliers' or manufacturers' instructions for the safe use of equipment, materials and products
  5. dispose of waste materials to meet legal requirements
  6. complete the treatment within a commercially viable time

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## Provide stone therapy treatments

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### Consult, plan and prepare for stone therapy treatments

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1.

use **consultation techniques** to determine the client's treatment plan

2.

ensure that informed and signed parental or guardian consent is obtained for minors prior to any treatment

3.

ensure that a parent or guardian is present throughout the treatment for minors under the age of 16

4.

recognise any contra-indications and take the **necessary action**

5.

carry out a skin sensitivity test and thermal test patch on relevant skin areas

6.

agree the **treatment objectives** and outcomes with the client that meet their needs

7.

obtain signed, informed consent from the client prior to carrying out the treatment

8.

assess the client's **physical characteristics** and select **treatment stones** to meet the **treatment objectives**

9.

check the water is at the required temperature prior to stone placement

### Perform stone therapy treatments

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1.

provide information about the sensation created by the treatment stones to the client, at each stage of the process

2.

protect the client's skin against extremes of temperature during front and back

Provide stone therapy treatments

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stone placement

3.

place **treatment stones** on the chakra points, to meet the agreed **treatment objectives**

4.

place **treatment stones** under the body, ensuring client comfort

5.

select and apply a treatment oil to meet the **treatment objectives**

6.

manage **treatment techniques** to prevent overexposure of heat to the skin

7.

adapt your **stone therapy techniques** and sequence to meet the client's **physical characteristics, treatment area(s)** and **treatment objectives**

8.

vary the depth, rhythm and pressure of **treatment techniques** to meet **treatment objectives** and client's **physical characteristics** and preferences

9.

take remedial action if contra-actions or discomfort occur during the course of treatment

10.

check the client's wellbeing throughout the treatments and allow the client sufficient post-treatment recovery time

11.

ensure the finished result is to the client's satisfaction and meets the agreed **treatment objectives**

12.

give your client **advice and recommendations** on the treatment provided

13.

ensure your client's records are completed and signed by you and the client

## Knowledge and understanding

*You need to know and understand:*

### **Maintain safe and effective methods of working when providing stone therapy treatments**

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1. your responsibilities for **health and safety** as defined by any specific legislation covering your job role
2. the legal and organisational requirements for client protection and preparation
  1. the legal and organisational requirements for your own personal hygiene, protection and appearance
4. your responsibilities under local authority licensing regulations for yourself and your premises
  1. the reasons for maintaining the client's modesty and privacy during the treatment
  2. safe positioning techniques for yourself and your client and why using these are important
  3. the areas of the body that may require support and cushioning during the treatment and how to provide it
8. the necessary environmental conditions for services such as heating and ventilation and why these are important
  1. methods of cleaning, disinfection and sterilisation
  2. the methods used to disinfect treatment stones after each treatment
  3. methods of working safely and hygienically to avoid cross-infection
  4. the hazards and risks which exist in your workplace and the safe working practices

## Provide stone therapy treatments

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which you must follow

5. the different types of working methods that promote **environmental and sustainable working practices**
6. suppliers' and manufacturers' instructions for the safe use of equipment, materials and products which you must follow
7. the legal requirements for waste disposal
8. the reasons for completing the service in a commercially viable time

### Consult, plan and prepare for stone therapy treatments

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1. why it is important to communicate with clients in a professional manner
2. how to complete a consultation taking into account the client's **diverse needs**
3. the legal requirements for providing treatment to minors under 16 years of age
4. the age at which an individual is classed as a minor and how that differs nationally
5. the importance of agreeing with the client the treatment that meets their needs
6. the legal significance of gaining signed, informed client consent to carry out the treatment
7. the legislative requirements for storing and protecting client data
8. how to recognise **contra-indications** that would prevent or restrict the treatment
9. the contra-indications **\*\*requiring medical referral and why**
10. the necessary action to take in relation to specific contra-indications when referring

## Provide stone therapy treatments

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clients

11.

the reasons for not naming specific contra-indications when referring clients

12.

how to visually assess different clients' physical characteristics

13.

the procedures for carrying out a skin sensitivity test prior to use of pre-blended aromatherapy oils and a thermal test patch

14.

the reasons for carrying out tests prior to stone therapy treatments and recording the results

15.

how to prepare the treatment area and client for stone therapy treatments

16.

the importance of checking water temperature prior to treatment

### **Perform stone therapy treatments**

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1.

the types of materials used to protect the client's skin against extremes of temperature

2.

stone selection techniques, including correct size, type, shape and quality

3.

how to select the correct massage medium to suit the client's needs

4.

how to introduce and place the treatment stones to maximise their benefits and ensure client comfort

5.

the importance of temperature management of the stones during treatment and how to carry this out

6.

safe handling techniques to avoid excessive noise and disturbance

7.

the benefits of selecting and placing specific stones to the seven major chakras

Provide stone therapy treatments

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8.  
how to adapt and vary your treatment techniques and sequence to meet the client's physical characteristics and treatment area(s)
9.  
the benefits and effects of using hot and cold stones, either in isolation or combining the two temperatures during a treatment
10.  
the five elements of stone therapy
11.  
the basic principles and characteristics of the seven major chakras and their significance to the practice of stone therapy treatment
12.  
methods of cooling stones
13.  
the storage requirements of different types of stone
14.  
the remedial action to take if **contra-actions** or discomfort occur during with course of the treatment
15.  
how to adapt stone therapy techniques to prevent **work related injuries**
16.  
the **anatomy and physiology** of the body
17.  
the **physical and psychological** effects of hot and cold stone therapy treatments
18.  
why it is important to check the client's wellbeing throughout the treatment and allow sufficient post-treatment recovery time
19.  
the methods used to evaluate the effectiveness of stone therapy treatments
20.  
the **advice and recommendations** on products and service to the client

## Scope/range related to performance criteria

### Consultation techniques

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1. questioning

2. listening

3. visual

4. manual

5. written

### Necessary action

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1. encouraging the client to seek medical advice

2. explaining why the treatment cannot be carried out

3. modification of treatment

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### Treatment objectives

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Provide stone therapy treatments

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1. relaxing
2. uplifting
3. sense of wellbeing
4. relief from muscular tension

**Physical characteristics**

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1. body type
2. posture
3. muscle tone
4. age
5. health
6. skin conditions

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**Treatment stones**

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1. basalt
2. marble

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3. semi-precious stones

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**Treatment techniques**

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1. effleurage
2. petrissage
3. friction
4. tapping
5. tucking
6. placement
7. trigger point

**Stone therapy techniques**

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1. rotation of stones
2. alternation of hot and cold stones
3. use of hot stones only
4. use of cold stones only
5. combination of stone types and sizes

**Treatment areas**

Provide stone therapy treatments

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1. face
2. head
3. neck, chest and shoulders
4. arms and hands
5. abdomen
6. back
  1. legs and feet

**Advice and recommendations**

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1. suitable aftercare products and their uses
2. avoidance of activities which may cause contra-actions
3. present and future products and treatments
  1. post-treatment advice

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Provide stone therapy treatments



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**Scope/range related to knowledge and understanding**