

STONE OR SHELL FULL BODY MASSAGE

Treatment: The ultimate warm stone or shell treatment, this full-body massage protocol offers unparalleled benefits, with continuous heat and pressure creating the most sanitary, powerful heated massage.

Benefits: Allows therapist to use a constant stone/shell massage technique with both hands, offering a high level of heat ideal for deep therapeutic work and relief of tension, promotes the highest level of myofascial release.

Supplies: 2 therma**Bliss** stones or shells, 2 therma**Bliss** Body Level 2.0 charges, and skin appropriate massage oil.

Duration: 80 minutes.

PRONE

STEP ONE

Before client arrives, sanitize selected therma**Bliss** tool with board-approved sanitizer.

STEP TWO

Activate stones/shells with therma**Bliss** Body Level 2.0 charges according to package instructions.

STEP THREE

Open session with any discussion and/or analysis of problem areas, whether they are heat sensitive, etc. Inform client that the stones/shells are quite warm and instruct them to immediately indicate if the temperature is ever uncomfortable.

STEP FOUR

Start client face down. Undrape entire body, exposing the legs and back.

STEP FIVE

Begin by using a warm towel to cleanse client's feet and ankles.

STEP SIX

Apply skin appropriate massage cream or oil, starting at left foot and working your way up the shoulders and arms. Repeat on right side of the body.

STEP SEVEN

Communicate to client right before you place the warm stones/shells on their skin to prevent them from being startled. *When testing the temperature on the client, test while moving gently against their skin.*

STEP EIGHT

Using the stones/shells, make sure the temperature is appropriate and effleurage simultaneously from feet to shoulders and arms; repeat 2 to 3 times. Then from arms and shoulders to feet; repeat 2 to 3 times.

STEP NINE

Start with the left leg from ankle to glute working specific areas, as needed. Finish massage on left leg with hands.

STEP TEN

Repeat massage on the right leg.

STEP ELEVEN

Make sure to drape the legs when finished with the massage.

STEP TWELVE

Massage the back starting with effleurage and working deeper and more specific areas, as needed.

STEP THIRTEEN

Massage the back of the arms and leave one stone/shell in client's hand (*temperature permitting*) while working more specific areas on the back.

STEP FOURTEEN

Repeat on other side.

STEP FIFTEEN

At the halfway point (40 minutes), have client lay on their back.

STEP SIXTEEN

Undrape legs and abdomen. Make sure to drape breast if client is female.

STEP SEVENTEEN

Apply skin appropriate massage cream or oil, starting at right foot and working your way up to neck and arms. Allow oil to warm in palms before applying to client.

STEP EIGHTEEN

Repeat on left side.

STEP NINETEEN

Start massage on right leg with stones/ shells from ankle to neck and arm repeat 2 to 3 times. Alternate between using stones/shells and hands to massage.

STEP TWENTY

Massage on left leg from ankle to neck and arm. Repeat 2 to 3 times.

STEP TWENTY-ONE

Drape legs completely.

STEP TWENTY-TWO

Start massage on abdomen with one stone/shell only.

STEP TWENTY-THREE

Drape abdomen.

STEP TWENTY-FOUR

Massage left arm with one stone/shell.

STEP TWENTY-FIVE

Repeat on right arm. Set shell aside and finish with hands.

STEP TWENTY-SIX

Massage neck and shoulders with two stones/shells.

STEP TWENTY-SEVEN

Tuck warm stones/shells beneath client's upper shoulders or on either side of the lower neck, separated by a cloth or hand towel so stones/shells are not directly against the skin.

STEP TWENTY-EIGHT

Finish the massage only with your hands working on neck, shoulders, and scalp.

STEP TWENTY-NINE

Wipe off excess oil from the body.

STEP THIRTY

Upon completion of massage, shake used therma**Bliss** charges into waste bin.