Task 1b

4 types of Stone Therapy stones:

- **Basalt** – Basalt stones are smooth and polished. The basalt stone is used mainly for hot stone massage because of its ability to retain heat. Shaped by the ocean, basalt stones are available in a variety of sizes that are designed for specific locations on the body.

- **Marble** – Marble is a type of metamorphic rock formed from limestone by heat and pressure in the earth’s crust. Marble stones are used in massage therapy at cooler temperatures to alleviate heat in the body that may cause nausea. Marble stones can also minimise soreness that may be caused from deep massages.

- **Jade** – Jade stones are used for either hot or cold stones. They are expensive but are believed to have additional benefits when used. Traditionally, they are thought to have protective qualities, and jade is also believed to heal stressed organs and remove toxins, slow the process of cell ageing and strengthen the body’s natural defences and self-healing power.

- **Marine** - Marine stones are cold stones. They are smooth and silky in texture, so may be used easily without lubrication. They are rich in minerals and formed from the sediment of plant and coral reef life in primary ocean basins.

Storing the stones:

A water heater, usually made from stainless steel, with a removable lid and a digital temperature display is how to heat the hot stones. A rubber mat can be placed at the bottom to prevent too much noise during a treatment. After treatment the stones should be washed in warm water then dried off and stored somewhere where they are not touching or in danger of bashing into other stones or items, this minimises the risk of chipping or scratching the stones surface. The digital temperature gage allows you to keep your stones at the right temperature for treatment. An insulated ice box will keep cold stones at the correct temperature for use. Net bags are used to hold different sets of stones i.e. stones that are placed under the client, stones for the face, and stones for the feet. During the treatment the different sets of stones may be place in nets inside the water heater. After use they may be used to store the cleaned stones safely inside a larger receptacle until required.