



Himalayan Salt Stone Massage



Introduction

Thank you for your booking and welcome to The School of Fine Tuning. I am delighted that you have chosen to train with me and I can assure you that I will offer you the very highest standard of training. At the School, we offer a wide range of accredited CPD courses to enhance your existing practice and inspire you to be the best and most creative therapist you can be, so do have a look around my website for any others that capture your interest.

This course is amazing, in that you get to workso enjoy the journey and let's get started.

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Health and Safety

Management of Health and Safety at Work Regulations (1999)

Employers should make formal arrangements for maintaining and improving safe working conditions and practices. This includes competency training and risk assessments.

Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (1995)

Employers should report any such cases to the HSE Incident Contact Centre. This includes loss of sight, amputation, fracture and electric shock. In all cases where a personal injury of any type occurs, it should be recorded in an accident book.

Health and Safety (First Aid) Regulations (1981)

Whatever the size of your business, you should always make sure you have a First Aid kit on site, as well as an eyewash bottle. You should ensure this is fully stocked at all times. You should have at least one 'Appointed Person' on hand to take charge in an emergency who holds an HSE-approved basic first aid qualification. You can contact the HSE on 0845 345 0055 for a list of suitable training providers.

Manual Handling Operations Regulations (1992)

This is relevant wherever manual lifting occurs to prevent skeletal and muscular disorders. The employer should undertake a risk assessment for all activities involving manual lifting.

Health and Safety (Display Screen Equipment) Regulations (1992)

This covers the use of display screens and computer screens. This specifies the acceptable levels of radiation emissions from the screen, as well as identifying the correct posture and the number of rest periods.

Provision and Use of Work Equipment Regulations (1998)

This states the duties for any users of equipment. It identifies the requirements in selecting and maintaining suitable equipment, as well as the training and safe use of it.

The Personal Protective Equipment (PPE) At Work Regulations (2002)

This requires employers to identify activities, which require special protective clothing, which must then be made available.

Cosmetic Products (Safety) Regulations (2008)

These regulations require that cosmetics and toiletries are safe for their intended purpose and comply with labeling requirements.

The Regulatory Reform (Fire Safety) Order (2005)

All premises must have adequate means of dealing with a fire and all members of staff should know where these are. This can include fire extinguishers and blankets; however, you should only operate a fire extinguisher if you have been properly trained to do so. All equipment should be checked and maintained regularly.

Fire Drill notices should be clearly displayed and should inform people of what to do in case of a fire. All staff should be trained in the location of alarms, exits and meeting points.

Electricity at Work Regulations (1989)

Electrical items are potentially hazardous and should be used and maintained properly. You should always ensure that you are fully trained on a piece of equipment before operating it.

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All electrical equipment should be regularly PAT tested to ensure it is safe to use. If any equipment is deemed to be faulty or unsafe, you should stop using it immediately and report the problem. Make sure the equipment is clearly marked as faulty until the problem has been corrected to avoid it being used by other members of staff.

Control of Substances Hazardous to Health (COSHH)

COSHH regulations cover the essential requirements for controlling exposure to hazardous substances, and for protecting people who may be affected by them. You should carry out a COSHH assessment to identify all chemicals, products or other substances, which could cause harm.

A substance is considered to be hazardous if it can cause harm to the body. It poses a risk if it is inhaled, ingested, in contact with the skin, absorbed through the skin, injected into the body or introduced to the body through cuts.

Always check the ingredients and instructions of all products to see what they contain and ensure they are stored properly. If the product could cause harm, it should be listed on your COSHH assessment, together with what the risk is and who is at risk from it.

Next, decide on the degree of risk and who to minimise that risk. If you can, try to replace high risk products with lower risk ones. Never leave chemicals identified as hazardous in areas accessible to the general public. Do not forget, COSHH substances include both those used for treatments and cleaning.

Local Government (Miscellaneous Provisions) Act (1982)

A special treatment license will be required if you carry out any form of massage, electrolysis or ear piercing and tattooing as they may produce blood and body tissue fluid. Each borough council in the UK has different requirements, so you should contact them to see whether they require you to hold a license for the treatments you offer.

Consumer Protection Act (1987)

This Act aims to protect the customer from unsafe or defective services or products. All staff should be trained in using and maintaining products.

Sale and Supply of Goods Act (1994)

This states that goods must be as described and of satisfactory quality. They should be fit for purpose and safe for use. It is the responsibility of the retailer to correct a problem where the goods are not as described.

Trade Descriptions Acts (1968 and 1972)

These Acts prohibit the use of false descriptions of goods or services. Information must always be accurate, false comparisons must not be made and misleading price comparisons must not be made. A product may not be described as being of a 'reduced' price if it has not been available at the higher price for a minimum of 28 days.

Disability Discrimination Act (1996)

You should ensure that clients are not discriminated against on the grounds of disability. You cannot use this as a reason to refuse to provide a service, provide a service to a lesser standard or fail to make reasonable adjustments. The premises must be able to facilitate access for disabled people.

The Equality Act 2010 (EA) gives disabled people important rights of access to everyday services.

Service providers have an obligation to make reasonable adjustments to premises or to the way they provide a service. Sometimes it just takes minor changes to make a service accessible. What is considered a reasonable adjustment for a large business such as a bank, may be different from what is a reasonable adjustment for a small local salon. It is about what is practical in the service provider's

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individual situation and what resources the business may have. They will not be required to make adjustments that are not reasonable because they are unaffordable or impractical.

Sterilisation and Disinfecting

Sterilisation: This is the complete destruction or removal of living organisms on an object. Micro-organisms (bacteria, viruses and fungi) may be destroyed by heat, chemical disinfectants and ultra violet radiation. All tools must, however, be cleaned to remove grease before disinfection is to take place.

Autoclave: This is similar to a pressure cooker, with the water contained inside it reaches temperatures of 121 – 134 C. This is the most effective method for the sterilisation of tools within the salon.

Not all objects can safely be placed in an autoclave; check your tools can withstand the heating process. To avoid damage to the autoclave, distilled water must be used. Metal tools placed in the autoclave must be of a good quality to avoid rusting. Take care when removing tools from the autoclave –as they will be very hot.

Glass bead steriliser: Small glass beads are retained in a beaker and heated to a temperature of 190C. Tools are placed in these beads for 10 minutes. A disadvantage of glass bead sterilizer is that it cannot hold large items.

UV Steriliser: UV light will only be effective on surfaces that are exposed to the UV light. Tools will therefore need turning during the process to ensure that all surfaces are thoroughly sterilised. UV sterilisation is not suitable for brushes.

Disinfection: This is the destruction of micro-organisms, but not usually bacterial spores, reducing the number of microorganisms to a level, which will not be harmful to health. (Inhibits the growth of micro-organisms)

In most salons, 'Barbicide' is a recognised name as a germicide and disinfectant liquid in which tools can be stored.

Surgical spirit can also be used.

Antiseptic: Is a substance that inhibits the growth of bacteria but not kill the bacteria.

Bacteria: A single cell organism without a nucleus, which produces a compound called a toxin.

Fungus: This is a low form of vegetable life, which includes mushrooms and moulds. Some varieties cause disease, such as ringworm. A fungi stat will inhibit growth of any fungus while a fungicide will kill fungus outright.

Virus: A small part of a group of infectious agents. They have the ability to copy themselves outside of a living host cell. Viruses can be classed as pathogenic – causing disease as opposed to non-pathogenic (not causing disease)

Infestations:

This is the presence of animal parasites, e.g. Mites, ticks or worms, either in the body, clothing or house.

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The Appearance of the Therapist

A beauty therapist should be an example to her trade.

A client will look to her therapist as a professional and this will be reflected not only in how she looks, but also her attitude and deportment.

A therapist is a reflection on the company in which she works. If a client does not feel satisfied with the hygiene of either the therapist or the salon, she is not likely to return.

Overall or uniform:

Should be worn at all times during working hours.

Should be clean and smell fresh. Ideally a clean uniform should be worn each day.

Should not be decorated with anything other than a name badge or that of a professional organization to which the therapist is a member.

A disposable apron should be worn for each client to help reduce cross contamination and keep your uniform clean.

Hair:

Should be clean and secured off the face.

Nails:

Should be of a workable length.

If nail extensions are worn, these should be cleaned underneath every time you wash your hands and they should be of a decent length and shape so as not to piece your gloves.

Footwear:

No high heels to be worn for health and safety and comfort reasons.

You should have closed in back and no peep toes.

Should be clean. It is good practice to keep a pair of shoes in work and travel to and from work in outdoor shoes.

Personal Hygiene:

Deodorant should be worn at all times.

No heavy perfumes should be worn.

Smokers must take extra care with their personal hygiene. The smell of cigarette smoke clings to fingers, clothes and hair. Clients may find this offensive.

Be aware of fresh smelling breath. If having close contact with a client, avoid garlic and excessively spicy food the previous night. Facemasks also help mask smells and allow you to work at close contact with your client.

Ergonomics

Posture is important, whether you are sitting or standing up to do a treatment. Try to find a working position that is comfortable for you and reduces the need to lean over to just one side.

Using height adjustable treatment couches and chairs. Choose a height that reduces your need for bending over the client. Ideally your back should be at a 90-degree angle. Your chair should be comfortable to avoid pressure point sores or injury.

Try to avoid twisting the neck, keep your head upright and keep your shoulders relaxed. Never ignore pain, look at ways to alleviate the symptoms. If you cannot take a break during a treatment, then you can adopt gentle stretching techniques.

Repetitive strain injuries can be caused by using the same movements over and over again. Try to avoid repetitive flexing of the wrist and instead alternate by bending elbows or shoulders instead. Equipment should feel comfortable in your hand and have as minimal vibration as possible.

What is Himalayan Salt Stone Massage?

Halotherapy: a form of alternative medicine using salt; derived from the Greek word halos, meaning salt

Similar to traditional basalt stones, Himalayan salt stones can be used over the entire body. Not only does it deliver superb thermotherapy, it contains 84 minerals that may be absorbed by the body and may lightly exfoliate skin.

It's important to note that because there's no way to determine exactly how much of the mineral content may be absorbed, outside of a medical laboratory testing, that you must remain ethical in your marketing.

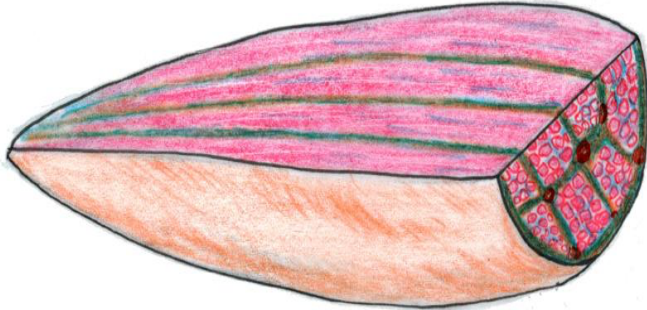
The benefits of adding warm stones to your massage sessions are plentiful. Heat can aid in softening muscles, easing circulation through vasodilation, allow you to work deeper layers of tissue in less time, enhance the body's parasympathetic response, and more.

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RELEVANT ANATOMY & PHYSIOLOGY

Muscle Structure

Muscles are classified into three different types, which are skeletal, smooth and cardiac.



For the purpose of this course, we are mainly going to concentrate on Skeletal muscle, as smooth muscle is mainly found within hollow organs and cardiac muscle is found within the heart.

Skeletal muscles, also known as striated due to its appearance, or voluntary due to its action, are attached to bones and deal with movement. These muscles are made up of fine, thread like fibres of muscles, containing light and dark bands. Skeletal muscles can be made to contract and relax by voluntary will. They have striations due to the actin and myosin fibres and create movement when contracted. There are over 650 different types of muscles in the human body, making up nearly half of the body weight.

Muscles have the following properties:

Excitability – the muscle responds to stimuli

Contractibility – the muscle shortens due to a nerve impulse Extensibility – the muscle can stretch and increase its length by half Elasticity – the muscle will return to its normal length

Muscles consist mainly of muscle fibres which are held together by fibrous connective tissue, with numerous blood vessels and nerves penetrating through them. The muscle fibres are made up of muscle cells, which vary in length and are rod shaped. The fibres are called myofibrils and they get shorter (contract) in response to a nerve impulse. The protein strands then slide against each other when the muscle contracts.

Each muscle fibre has an individual wrapping of a fine connective tissue called endomysium, which are then wrapped into bundles called fascicule and are covered by the perimysium. This is what forms the muscle belly, and has its own covering called the fascia epimysium. The fascia acts as a “Clingfilm” around muscles, giving them support and also acts as a pathway for nerves, blood and lymph vessels.

When a muscle is damaged, fibres become torn and the connective tissue around the muscle is also damaged. Fluid seeps out of torn fibres, which can cause localised swelling. This fluid tends to stick the fibres together which causes pain as the muscle is irritated by the slightest contraction. The fibres stop sliding as effectively and the fascia gets tighter and begins to constrict the muscle. The fascia can also become torn and the loss of elasticity can create tissue congestion. If the body is held in the same position for too long, such as sat at a computer, then the fascia can easily adapt to that shortened position, and any attempts to return it to its normal length can be painful. There is then a temptation to remain in that position, which in turn worsens.

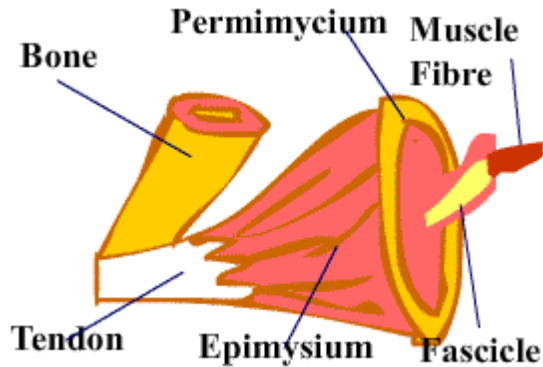
Muscle Shapes

The bundles of fibres within muscles will determine the shape of the muscle. The commonest muscle fibre arrangements are:

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Parallel fibres – these muscles have fibres that run parallel to each other in length and can sometimes be called strap muscles. These muscles have great endurance but may not be that strong due to their length. An example would be the Sternocleidomastoid (SCM).

Circular muscles – these muscles are usually circular in shape and an example would be the muscles surrounding the mouth and eye.



Convergent – this is where the muscle fibres converge to an attachment to a bone. The fibres are arranged to allow maximum force and can sometimes cross joints which have a large range of movement such as the Pectoralis Major.

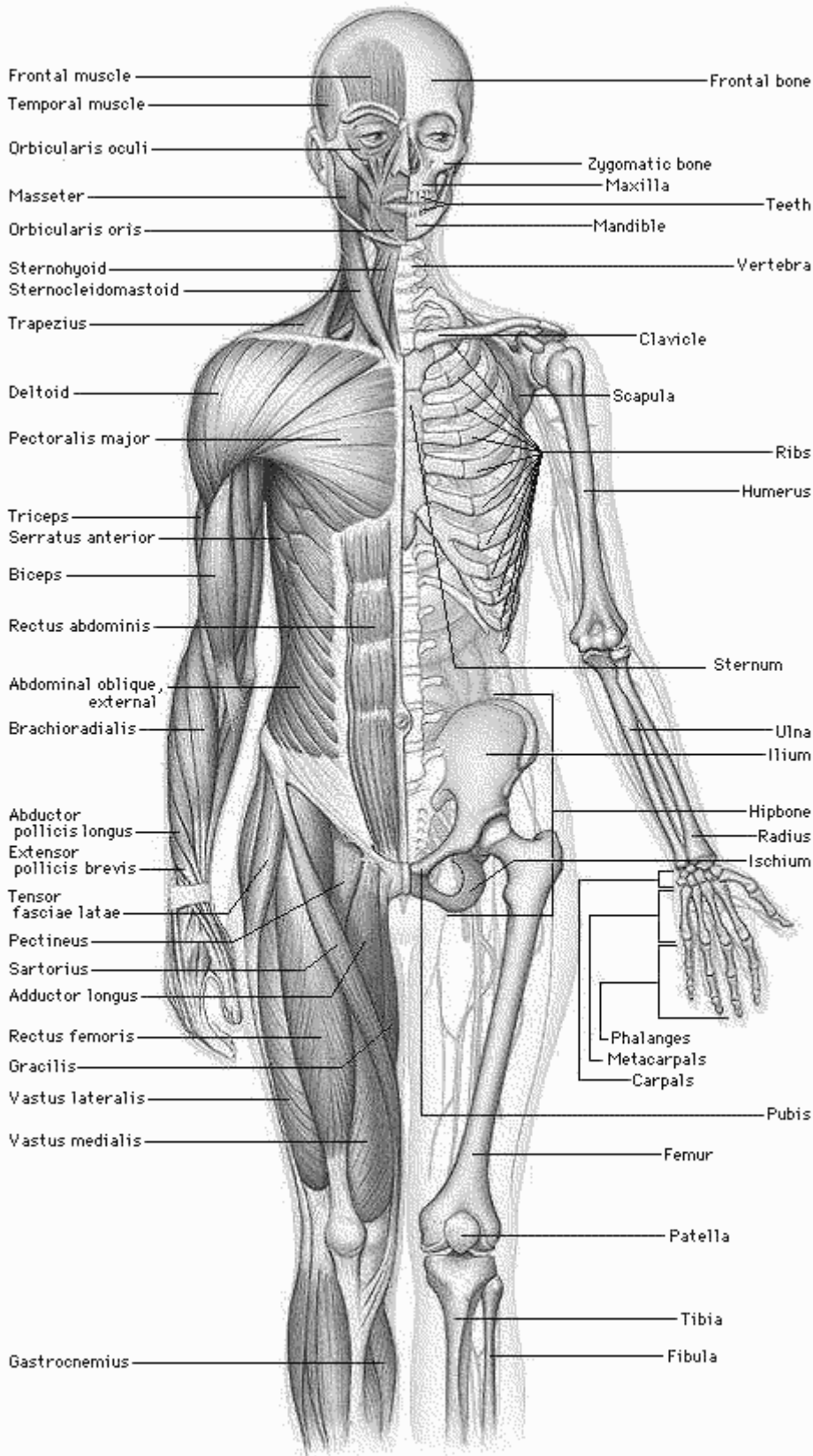
Pennate – these are made up of short fibres, so the pull is short but also strong, though the muscle tires easily.

Fusiform – these are sometimes included within the parallel muscle group and are made up of spindle shaped fibres. A good example is the Biceps Brachii as the belly is wider than the origin and the insertion.

Muscle Movement

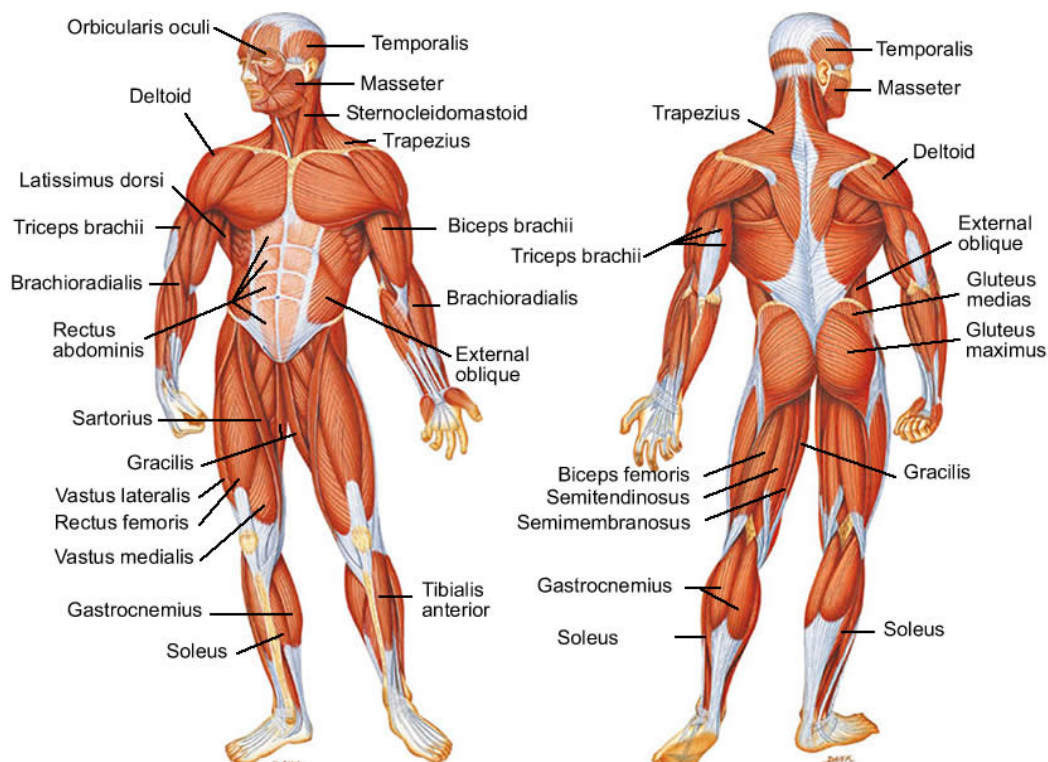
Muscles are only ever able to contract or pull. This means they have to work in groups and even when carrying out an action, do not work alone. A joint, therefore has to have two or more muscles working together.

As a muscle contracts, the second muscle relaxes, and as this second muscle contracts, the first muscle relaxes. This is called Antagonistic action as they are pulling in the opposite direction to each other but without working against each other. One end of the muscle needs to be fixed, which is known as the origin and as that muscle contracts, the other end of the muscle moves towards the origin. The name given to the end of the muscle that moves towards the origin is called the insertion.



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Muscles of the body



Muscles of the Chest and Upper Arm

Name	Position	Action
Pectoralis major	Across upper chest	Used in throwing and climbing; adducts arms
Pectoralis minor	Underneath pectoralis major	Draws shoulders downwards and forwards
Deltoids	Surrounds shoulders	Lifts arms sideways, forwards and backwards
Biceps	Front of upper arm	Flexes elbow; supinates the forearm and hand
Triceps	Back of upper arm	Extends the elbow
Brachialis	Under the biceps	Flexes the elbow

Muscles of the Hand and Forearm

Name	Position	Action
Brachio radialis	On the thumb-side of the forearm	Flexes the elbow
Flexors	Middle of the forearm	Flexes and bends the wrist drawing it towards the forearm
Extensors	Little finger side of the forearm	Extends and straightens the wrist and hand
Thenar muscle	Palm of the hand below the thumb	Flexes the thumb and moves it outwards and inwards
Hypothenar muscle	Palm of hand below little finger	Flexes little finger and moves it outwards and inwards

Muscles of the Abdomen

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Name	Position	Action
Rectus abdominis	Front of abdomen from the pelvis to the sternum	Flexes the spine; compresses the abdomen; tilts the pelvis
Oblique's	Internal – either side of the rectus abdominis External – lies on top of the internal oblique's	Both compress the abdomen and twist the trunk

Muscles of the Back

Name	Position	Action
Trapezius	The back of the neck and collar-bones	Moves scapula up, down and back; raises the clavicle
Latissimus dorsi	Across the back	Used in rowing and climbing; adducts the shoulder downwards and pulls it backwards
Erector spinae	Three groups of muscles which lie either side of the spine from the neck to the pelvis	Extends the spine; keeps body in an upright position
Rhomboids	Between the shoulders	Braces the shoulders; rotates the scapula

Muscles of the Buttocks and Legs

Name	Position	Action
Gluteals	In the buttocks	Abducts and rotates the femur; used in walking and running
Hamstrings	Back of the thigh	Flexes the knee; extends the knee
Gastrocnemius	Calf of the leg	Flexes the knee; plantar-flexes the foot
Soleus	Calf of leg, below the Gastrocnemius	Plantar-flexes the foot
Quadriceps extensor	Front of the thigh: group of four muscles	Extends the knee; used in kicking
Sartorius	Crosses the front of the thigh	Flexes the knee and hip; abducts and rotates the femur
Adductors	Inner thigh	Adducts the hip; flexes and rotates the femur
Tibialis anterior	Front of the lower leg	Inverts the foot; dorsi-flexes the foot; rotates the foot outwards

Bones of the body

The Skeletal System serves many important functions; it provides the shape and form for our bodies in addition to supporting, protecting, allowing bodily movement, producing blood for the body, and storing minerals.

Functions :

Its 206 bones form a rigid framework to which the softer tissues and organs of the body are attached. Vital organs are protected by the skeletal system. The brain is protected by the surrounding skull, and the heart and lungs are encased by the sternum and rib cage.

Bodily movement is carried out by the interaction of the muscular and skeletal systems. For this reason, they are often grouped together as the muscular-skeletal system. Muscles are connected to bones by tendons. Bones are connected to each other by ligaments. A joint is where bones meet one

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another. Muscles which cause movement of a joint are connected to two different bones and contract to pull them together. An example would be the contraction of the biceps and a relaxation of the triceps. This produces a bend at the elbow. The contraction of the triceps and relaxation of the biceps produces the effect of straightening the arm.

Blood cells are produced by the marrow located in some bones. An average of 2.6 million red blood cells are produced each second by the bone marrow to replace those worn out and destroyed by the liver.

Bones serve as a storage area for minerals such as calcium and phosphorus. When an excess is present in the blood, build-up will occur within the bones. When the supply of these minerals within the blood is low, it will be withdrawn from the bones to replenish the supply.

Divisions of the Skeleton:

The human skeleton is divided into two distinct parts:

The axial skeleton consists of bones that form the axis of the body and support and protect the organs of the head, neck, and trunk:

Skull

Sternum

Ribs

Vertebral Column.

The appendicular skeleton is composed of bones that anchor the appendages to the axial skeleton:

Upper Extremities

Lower Extremities

Shoulder Girdle

Pelvic Girdle.

(The sacrum and coccyx are considered part of the vertebral column)

Types of Bone

The bones of the body fall into four general categories: long bones, short bones, flat bones, and irregular bones.

Long bones are longer than they are wide and work as levers. The bones of the upper and lower extremities (e.g. humerus, tibia, femur, ulna, metacarpals, etc.) are of this type.

Short bones are short, cube-shaped, and found in the wrists and ankles. Flat bones have broad surfaces for protection of organs and attachment of muscles (e.g. ribs, cranial bones, bones of shoulder girdle).

Irregular bones are all others that do not fall into the previous categories. They have varied shapes, sizes, and surface features and include the bones of the vertebrae and a few in the skull.

Bone Composition:

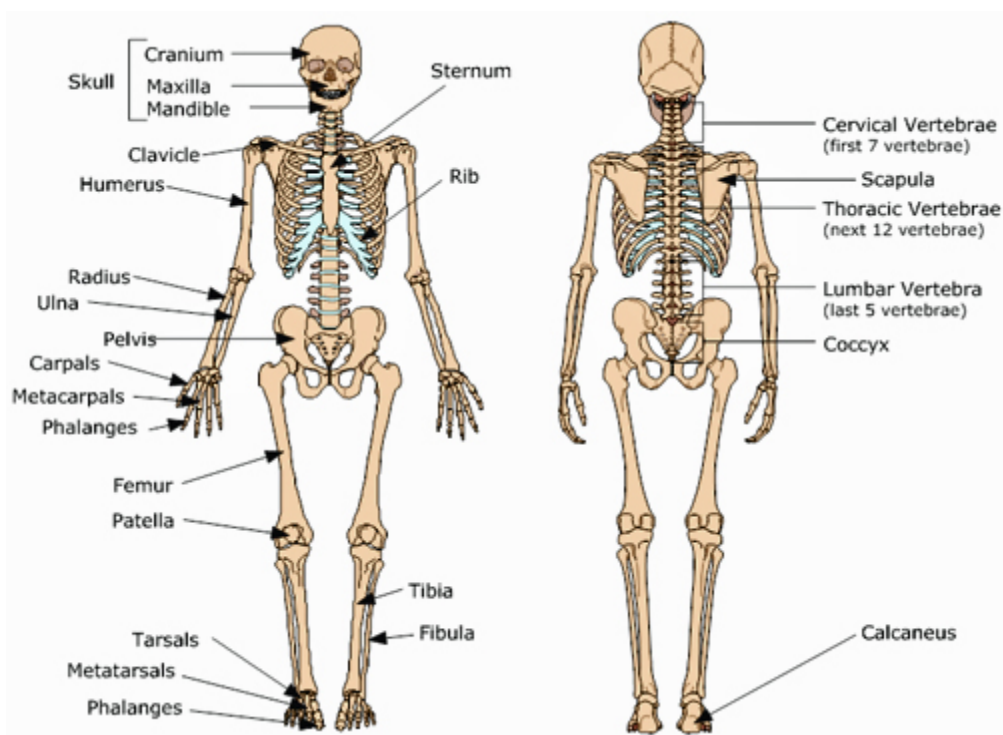
Bones are composed of tissue that may take one of two forms. Compact or dense bone, spongy or cancellous bone. Most bones contain both types.

Compact bone is dense, hard, and forms the protective exterior portion of all bones.

Spongy bone is inside the compact bone and is very porous (full of tiny holes). Spongy bone occurs in most bones.

The charts on the following pages show the main bones that you will need to have good knowledge of.

Skin



Anatomy

The skin is the largest organ of the body.

Cells have an average life span of 19 – 34 days.

The average person is covered by 2 ½ square yards of skin that weighs around 9 pounds.

The average human grows about 1000 completely new outer skins during a lifetime.

Red blood cells wear out at a rate of 3 million every second, requiring the body to make over 200 billion new ones every day.

The body's entire supply of red blood cells is completely renewed every four months.

Blood platelets last only 7-10 days in the body. They are one of the shortest-lived elements in the human body.

The Skin

Skin has two major tissue layers, The Epidermis, a thin layer of nonvascular tissue and the dermis, a dense layer of vascular connective tissue the subcutaneous layer (below the dermis) is a thick layer composed of fatty connective tissue that varies in thickness in each person.

A unique characteristic of the epidermis is its ability to regenerate tissue continuously. This process of shedding and renewing and renewing of epidermal tissue is called desquamation, taken from the Latin 'desquamatus' that means to scale off.

The outer layer of healthy skin is moist and approximately 10% water.

Intercellular cement is the lipid substance between the cells of the epidermis that keep the skin from dehydrating and helps to shield the skin from aggravating substances.

The layers of the epidermis have no blood vessels.

In order of their distance from the surface:

Stratum Corneum: Horny Layer: The outer layer of skin. This layer is the thickest of the epidermal layers and is exposed to the outer elements. The cells in this layer are dry and flat. This layer may have between 18-23 layers of flat dry cells that are cemented together by lipids, peptides, sebum and ceramides.

Stratum Lucidum: Is only present on the palms and soles of the feet. Thickness may vary from 0.5 to 0.8MM on the palms and soles of the feet and can be less than 0.1mm on the eyelids.

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Stratum Granulosum: In this layer the lipids separate from the keratin (a non-living substance), and cells lose a considerable amount of fat and moisture. These cells are approximately 80% keratin and less than 20% water.

Stratum Spinosum: This layer is several layers thick and flattens out as it rises upward. It is called the spiny or prickle cell layer due to the spiky appearance of the cells.

Stratum Germinativum: The basal layer is the only living layer of the epidermis where mitosis takes place. Mitosis is the process by which body cells divide to form two identical cells. This layer of skin does not have any blood vessels in it. Melanin is also in this layer.

Layers of the Dermis

Papillary Layer: This Layer of skin is directly below the epidermis.

Reticular Layer: This Layer contains the following:

Nerves.

Lymph Vessels.

Oil Glands.

Elastin.

Blood Vessels.

Hair Follicles.

Sweat Glands.

Fat Cells.

Arrector pili muscles.

Collagen

One Square inch of skin contains:

9,500,000 Cells

65 Hairs

19-20 Yards of Blood Vessels

13 Sensory apparatuses for cold

19,500 Sensory cells at the ends of nerve fibres

1,300 nerve endings to record pain

650 Sweat glands

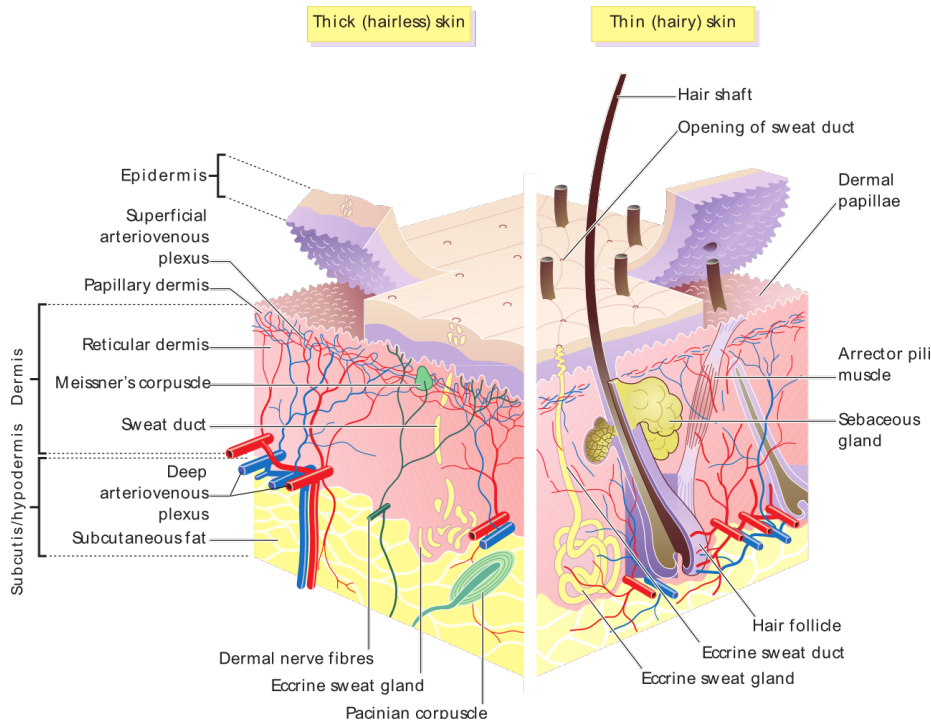
95-100 Sebaceous glands

78 sensory apparatuses for heat

78 yards of nerves

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160-165 pressure apparatuses for the perception of tactile stimuli.



Skin Facts

The skin guards the body from injury and bacterial invasion.

The perceived colour of a person's skin depends on the intensity of the state of contraction or dilation of the superficial vessels and on the extent of oxygenation of the blood.

Our skin has a limited capacity for absorption.

Freckles are an uneven distribution of melanin in the epidermis.

Skin is about 1mm thick on your eyelids, 3mm thick on the palms of your hands and the soles of your feet and about 2mm thick everywhere on the body.

The nerve endings are small and separate so that sensation is distributed not uniformly but in small areas. Individuals who are insensitive to pain have defective development of certain nerve structures. When cells are injured, histamine (a chemical that dissolves protein) is released and these irritate the sensory nerve endings to cause varied degrees of discomfort.

When ice is applied to the skin the capillaries constrict, less blood and histamine flows and pain is alleviated.

When the skin is stroked firmly, the contractile cells of the vessels are mechanically stimulated, and capillary constriction produces immediate blanching. When these cells relax, the vessels dilate, and redness appears that flares to a small distance from the actual site of the stimulus. The flare depends on the integrity of nerve tissue and does not occur when the skin nerves have degenerated. If the stroke is injurious, histamine is released from damaged cells, water moves from the capillaries into the tissues and a swelling ensues. This is called a wheal and flare reaction or a hive.

Keratin in the basal layer is a protein that aids in protecting the skin against invasion.

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The Function of the Skin

The skin has many functions, these include:

Secretion – The skin secretes sebum from the underlying sebaceous glands. This natural oil helps to keep the skin supple.

Heat Regulation – The body temperature is regulated through the skin. Sweating helps to cool the skin, while shivering helps to warm the body up.

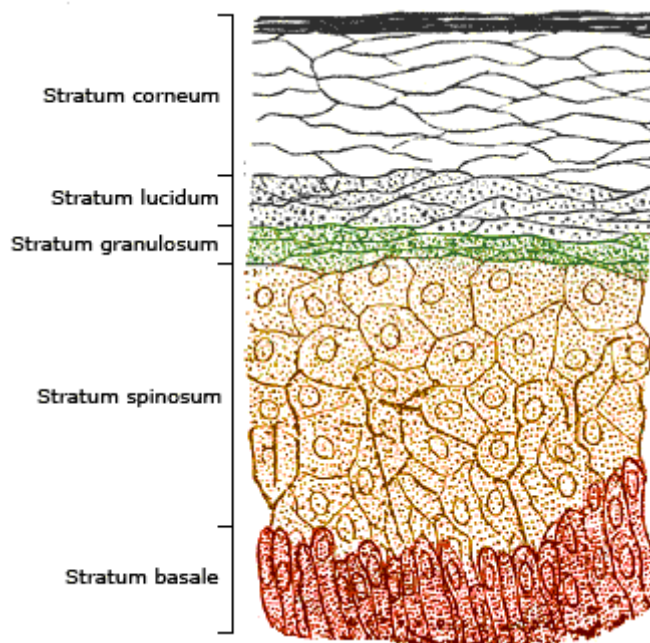
Absorption – Substances can be absorbed through the skin which can be transported into the blood stream.

Protection – The skin acts as a protective barrier against germs and bacteria. The skin also contains Melanocytes which produce Melanin, and this helps protect the skin against UV radiation.

Excretion – The skin contains sweat glands which help to excrete excess waste and toxins out of the body.

Sensation – The skin contains thousands of nerve endings which act as sensors for pain. Heat or cold.

Vitamins – The skin helps make Vitamin D which is created by a chemical reaction to Sunlight



Himalayan salt stones

Where does Himalayan salt come from?

Himalayan salt comes from 6 mines in the foothills of the Salt Range in Pakistan, approximately 190 miles from the Himalayas. The salt is mined by hand, creating little to no pollution in the process.

Why are Himalayan salt stones pink?

Minerals such as iron and copper contained in veins running through the stones can give a range of light to dark pink hues. Colour does not indicate that one stone is better than the next. Unlike basalt stones, a darker colour does not mean that the stone will retain heat longer than lighter coloured stones.

Types of Stones

Himalayan Salt Stone Therapy

Variety of shapes and sizes of stones

No costly set-up

Quick, easy heating

Clean up in less than 1 minute

84 minerals to benefit the skin

Traditional Basalt Stones

Variety of shapes and sizes of stones

Extensive and costly set-up required

Heating time is longer

Clean up time is extensive

No mineral benefits

Electronic Stones & Hot Shells

Only 2 sizes and varieties of stones High cost to purchase

Virtually no heating time

Clean up in less than 1 minute

No mineral benefits

Benefits of Himalayan Salt

Himalayan salt stones have gained in popularity in the past few years, yet Himalayan salt has been found in homes for decades. From lamps to table salt, you can find Himalayan salt in many forms.

Himalayan salt boasts many benefits, including:

anti-bacterial properties

anti-inflammatory

when heated, negative ions are released into the air, aiding in purification muscle cramps may be alleviated due to the mineral content

skin-smoothing through light exfoliation

Variety of shapes/sizes: Himalayan salt stones come in many shapes and sizes. Large round stones, small round stones, large heart stones, teardrop stones, and thin oval stones allow you to have just the right stone for every technique. You can also find large rectangular stones (also called soap bars), tiny spherical stones, and other odd-shaped stones.

Quick, easy heating: In just 30 minutes, your full set of stones will be at the perfect temperature.

Simply turn them on the low setting when you arrive and by the time your client is on the table, they'll be ready to go.

How do I heat Himalayan Salt Stones? A simple heating pad, with the fabric cover removed, is the most efficient heating method or alternatively place in a hot towel cabinet for a short period of time.

Quick, easy clean up: Gone are the days of spending 30+ minutes scrubbing, rinsing, and drying 50-100+ stones, plus a bulky roaster, tongs, and heavy insulated gloves. Who has time for that?

Cleaning your Himalayan Salt Stones is fast and easy with a sanitizing wipe of your choice.

Himalayan salt is naturally antibacterial, so a quick wipe to remove oil and dead skin cells is all you need. If you are more concerned about germs, there are a host of hospital-grade wipes available that will meet your needs. Cleaning your heating pad is just as easy: a quick wipe and you're done.

Not only will you have less work to do, you'll free up valuable massage time. This will allow you to see more clients each day, increasing your income potential. Combine that with added upgrade fees and you have a powerful revenue potential. It's easy to earn thousands more dollars in revenue and profit each year.

84 Minerals: While Himalayan Salt Stones do contain 84 minerals, you'll likely want to focus on the big 3: magnesium, calcium, and potassium. Most clients will be familiar with these, so they will be easy talking points.

Magnesium

4th most abundant mineral in the body

60% of the body's magnesium is found in bone

40% is found in muscles and soft tissues and fluid

Involved in energy creation, protein formation, gene maintenance, muscle movements, and nervous system regulation

Has been shown to fight depression as it plays an important role in brain function and mood.

It helps lower elevated blood pressure

It helps fight inflammation by reducing the inflammatory marker CRP

It may help alleviate migraine pain in clients with low magnesium levels

Calcium

Helps build strong bones and teeth

Sends nerve signals

Contracts muscles

Potassium

Assists in regulating blood pressure

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Assists in regulating normal water balance
 Assists in muscle contraction
 Assists in nerve impulses
 Assists in heart rhythm
 Assists in maintaining pH balance

Other Minerals	Arsenic	Gadolinium
Hydrogen	Selenium	Terbium
Lithium	Bromine	Dysprosium
Beryllium	Rubidium	Holmium
Boron	Strontium	Erbium
Carbon	Ytterbium	Thulium
Nitrogen	Zirconium	Ytterbium
Oxygen	Niobium	Lutetium
Fluoride	Molybdenum	Hafnium
Sodium	Technetium	Tantalum
Magnesium	Ruthenium	Wolfram
Aluminium	Rhodium	Rhenium
Silicon	Palladium	Osmium
Phosphorus	Silver	Iridium
Sulphur	Cadmium	Platinum
Chloride	Indium	Gold
Potassium	Tin	Mercury
Calcium	Antimony	Thallium
Scandium	Tellurium	Lead
Titanium	Iodine	Bismuth
Vanadium	Caesium	Polonium
Chromium	Barium	Astatine
Manganese	Lanthanum	Francium
Iron	Cerium	Actinium
Cobalt	Praseodymium	Thorium
Nickel	Neodymium	Protactinium
Copper	Promethium	Uranium
Zinc	Samarium	
Gallium	Europium	

Contraindications

Salt stone massage can be a safe, effective, and enjoyable modality for most clients. In addition to contraindications for all massage modalities, salt stone massage includes the following contraindications:

Uncontrolled high blood pressure

Neuropathy

Diabetes

Recent car accident

Broken and/or abraded skin

Remember: All contraindications that apply to other massage modalities also apply to salt stone massage. The above list is not all-inclusive.

Burns Happen

Protect your clients and yourself by following the proper procedures and insurance guidelines!

Liability Concerns:

Not following proper safety procedures, your local bye-law regulations, and the guidelines of your specific liability insurance policy can lead to significant injuries. 3rd degree burns, skin grafts, scarring,

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and permanent discoloration are serious injuries that can and DO happen. In fact, burns are the number one liability claim.

It cannot be reiterated enough: client safety should be your primary concern. No service is worth your client's safety, your business, or your assets.

Temperature Guidelines

Safe Temperatures

As you've already learned, burns are the number one liability claim for massage therapists. By following these temperature guidelines, you can reduce or eliminate the risk of injury to your clients.

130-140 degrees Fahrenheit

130 degrees (warm): recommended temperature for heat-sensitive clients
135 degrees (hot): safe for the majority of clients

140 degrees (very hot): safe limit for clients who prefer more intense heat

While these temperature ranges are considered safe, you will always want to check in with each client to ensure a safe experience. Stones can always be heated to a lesser temperature if your client prefers.

Static/Placement Stones

Stones that are left on the body and not moved are referred to as either static stones or placement stones, interchangeably. Because heat from the stones will travel deep into the tissue when left in one place for an extended period, it is imperative that you place a barrier between the skin and the stone. A bath towel or blanket are excellent barrier choices as they are thick enough to dissipate the heat, yet thin enough for the heat to penetrate. Never place any stones directly on the skin and leave them there.

Measuring the Temperature of Your Stones

Because Himalayan Salt Stone Massage does not require water to heat the stones, there is no need for spoons, tongs, or insulated gloves. Your stones will heat to a safe temperature when you choose the lowest setting on your preferred heating pad. Checking the temperature to ensure it is within the 130-140-degree safe zone is done by the hold test: hold the stone in your closed hand for 5 seconds. If you can comfortably hold it for the full 5 seconds, it's safe to use. If the stone is too hot, simply let it rest for several minutes and repeat the hold test. Remember to always ask your client for feedback when you apply the stone to the body.

Himalayan Salt Stone Applications

Large round stones are excellent for full-body effleurage. They cover a larger area, providing broad, even heat. For long strokes or large areas, it is recommended using one stone in each hand. Small round stones are perfect for smaller body areas, such as arms, neck, and chest. The smaller size fits conveniently in your fingertips, allowing more detailed use.

Large heart stones are a favourite among therapists due to their versatility. Large enough to offer broad, even heat to larger body areas, yet able to provide very detailed point work. Heart stones fit nicely in your hand, whether you choose to use them flat against the body or on their apex for pointwork. Heart stones can also be modified to work both erectors without bumping along the spinous processes.

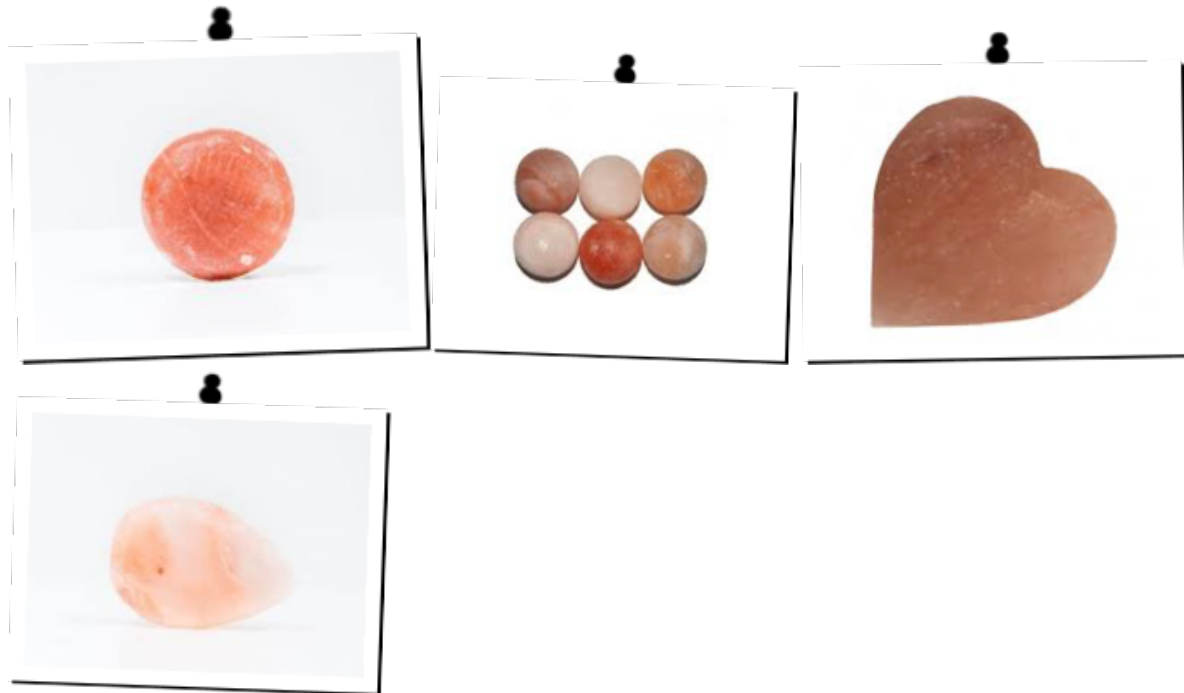
Thin, oval stones are my personal favourite. They fit perfectly in smaller areas and are easy to manipulate for more detailed techniques. Great for using on the face and anterior neck where a lighter weight stone and more control is needed. Because they are so thin, they heat the fastest.

Teardrop stones are a great option when you prefer a smaller stone yet need versatility. Teardrop stones are great for the entire body, with the exception of the face. They can be used for full-body

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warming strokes or used to treat adhesions and trigger points by applying pressure with the narrow end.

Himalayan salt stones can be used as described above, but don't forget the edges! Turn each stone on its edge and it becomes a brand-new stone with even more uses. Use the edges to scrape, strip, or for added traction when you need to slow your strokes.



Specific Uses

Large round stone:

Full body effleurage with the stones placed flat on the body and your hands resting on top.
Broad scraping or "snow ploughing" along the erectors with the stone at a 45-degree angle. For this stroke, you'll want to place the bottom edge of the stone against the client's skin and the top edge against your palm. Rest your four fingers on the side of the stone that faces away from you and your thumb on either lateral or medial edge or on the side of the stone closest to your body. Play around with this positioning to find which feels best for you. Remember to keep your digits relaxed and just slightly curved around the stone. Pressure will translate from your body's weight through your arm and palm. Avoid using your arm strength (I refer to this as "Popeye Arms") to achieve pressure. Broad stripping or lengthening strokes from ear to shoulder can be achieved in this stroke, pressure will come from flexing and extending your wrist rather than pressure from your palm.

Small round stone:

These are an excellent option for smaller bodies, when you have less room to manoeuvre between bony prominences, or when you prefer more contact with your fingers and the heel of your hand. You can easily fit these stones right in the tips of your fingers, allowing smaller and more detailed movements.

Large heart stones:

This is the most versatile of all the stone shapes. It's broad, flat surface, the pointy apex, and the curves its top give you excellent coverage while providing for very detailed strokes.

Full body effleurage with the stones placed flat on the body and your hands resting on top.

Turn the heart stone on its side and you have an excellent tool for scraping or "snow ploughing".

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Turning it upside down with its curved top against the client's skin will allow you to work along the erectors (turn the stone length-wise for left or right application). If you prefer to work both left and right erectors simultaneously, your heart stone can be easily modified. Simply sand and/or wet the area where the curves meet to create a larger space that will fit nicely over the spinous processes without bumping over them.

Detailed stripping or trigger point work is easily accomplished with the apex of the heart stone. For this work, you'll want to fit the top of the stone right between your thumb and index finger, firmly resting your weight. Because the apex comes to a point with edges on each side, it's easy to apply too much pressure. Check in with your client to make sure they're comfortable.

Thin oval stone:

Small enough to fit nicely in your hand, yet broad enough to warm the body, this stone an absolute favourite.

Rounded ends allow you to apply pressure to trigger points, friction adhesions, and strip delicate anterior neck muscles without the client feeling like they're being poked.

Turn the oval stone on its side and it becomes an excellent stripping tool. The thinness of this stone allows you to have full control in tight areas.

When the client is supine, you can easily pass this stone under the neck, adding more of that "feels so good" flow that can sometimes be missing in hot stone massage.

Occipital work and face work are a breeze with this stone

Teardrop stone:

This stone is unique in its shape with its heavy weight, large rounded end, small rounded end, and edges. You can easily use the teardrop stone for full body effleurage, neck work, trigger point work, or scraping.

Less Stones, More Use

Unlike traditional basalt stone massage, which requires several dozen to 100+ stones, Himalayan Salt Stone Massage can be done effectively and efficiently with just 6 stones. Himalayan salt stones heat quickly, allowing you to use 2 working stones while the remaining 4 stones continue to heat. Once you're ready to switch out your stones, simply place them back into your heating pad to reheat.

Prefer to use static/placement stones? Just add a few stones to your collection and you're set.

How do I care for my Himalayan salt stones?

Caring for your stones is easy-peasy. You'll first want to inspect each stone for smoothness. Because Himalayan salt stones are a natural product, variations in colour, veining, and texture are normal. If your stones have any rough edges, a quick sanding with any fine grit sandpaper will smooth them out. Personally, I prefer to use a 240 or higher grit sanding block. It's more comfortable to hold than regular flat sandpaper and can be found easily at any hardware store.

The most important care tip is to keep your stones as dry as possible.

Thoroughly clean your stones and your heating pad with a disinfectant wipe of your choice and immediately return them to the warm heating pad. If your wipes leave your stones very wet, you can quickly dry them with a wash cloth or hand towel before returning them to the heating pad.

Remember, Himalayan salt stones really are made of salt, which means water and other liquids can dissolve or pit them. Always keep your stones as dry as possible.

What lubricant is safe to use with my Himalayan salt stones?

Any massage oil of your choice is safe to use with Himalayan salt stones. Because lotions and creams contain water, they are not a good option as they can cause pitting. It is not recommend using essential oils as they can also cause your stones to pit.

How long will my Himalayan salt stones last?

With proper care, your Himalayan salt stones will last your entire career. Frequent use will refine the surface of your stones making them even smoother the longer you use them.

You've already learned that Himalayan salt stones are the best choice for all of your hot stone massage needs, but did you know that you can use your stones COLD, too? That's right! Just pop your stones in the refrigerator and they'll be ready to use for cold applications.

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Although you can, I don't recommend freezing your stones. Freezing them can cause the stones to break more easily if dropped and can produce sweating as they warm on the skin. Sweat = water = dissolving stones.

The Himalayan Salt Stone Ritual



Himalayan Salt Stone Massage Ritual

- Prepare Salt Stones to be warmed in the heating bag / lamp
- Place rose petals under face hole
- Himalayan Salt Foot Spa with Rose Petals and Rose Oil
- Face Up
- Opening ritual with Himalayan Singing Bowls (optional)
- Tuck Salt Stones under shoulders and hips and hands
- Place warm jade, basalt or salt stones on chakras, place rose quartz stone on Third eye
- Begin massaging legs with large round salt stones
- Massage arms and swap hand stones for new warmer ones (oval)
- Massage decollete and trapezius with salt stones (Heart shape and round)
- Use heart salt stones on face and rose quartz mushroom / flat stones
- Remove all tucked and chakra placement stones
- Turn client
- Place refreshed warm stones on midline of back
- Massage legs with warmed salt stones
- Perform back scrub with Himalayan Salt Scrub....Remove with hand towel or mitts soaked in warm water and rose oil
- Massage back with warmed salt stones
- Close with Singing bowls and hand walking ritual

