

Crystal Balance Gemstone Massage

CB Gemstone Massage offers seven exclusive gemstone blends to provide a customized massage and body treatment. During the session, warm gemstones are used to penetrate muscle tissue and gently align energy imbalances. The combination of aromatherapy oils, gemstone eye pillows and strategic gemstone placement soothes, grounds and balances the body and mind. Experience how the healing properties of gemstones promote overall wellbeing and invite deep relaxation to transport you to a state of bliss.

This can be offered as a 60, 90 or 120 minute massage; or as part of a specialty spa treatment.

Gemstone Massage Blends

These seven exclusive blends include three types of gemstones that work together to bring balance and align energy in every aspect of life.

Joy of Life - Garnet, Ruby and Rose Quartz

Security - White Agate, Nephrite, Serpentine

Regeneration - Unakite, Ocean Agate, Zoisite with Ruby

Anti-Stress - Aventurine, Magnesite, Smoky Quartz

Serenity - Blue Quartz, Dumortierite, Magnesite

In the Flow - Blue Chalcedony, Amber, Sodalite

Fountain of Youth - Chrysoprase, Green Fluorite, Peridot

Gemstone Sizes, Shapes & Uses

Descriptions of gemstone sizes, shapes and uses are listed in the specific protocol for each gemstone massage blend.

Room Set Up

All gemstones are housed in one area. They may be set in a counter-top display or on Rock On's Gemstone Work Table that rolls in the room and can be used by the massage therapist as needed.

Cleaning and Storing of Gemstones

After a massage or body treatment, clean the gemstones with an organic soap, and place under running water to clean and clear the stones. When the stone is slightly sticky, it is ready for another use.

Store the gemstones on their counter-top display or on Rock On's Gemstone Work Table. Every gemstone on the work table includes customized apertures for each stone's size and shape. Gemstones should be placed on an Amethyst druse to recharge.

Crystal Balance Gemstone Treatment Protocol

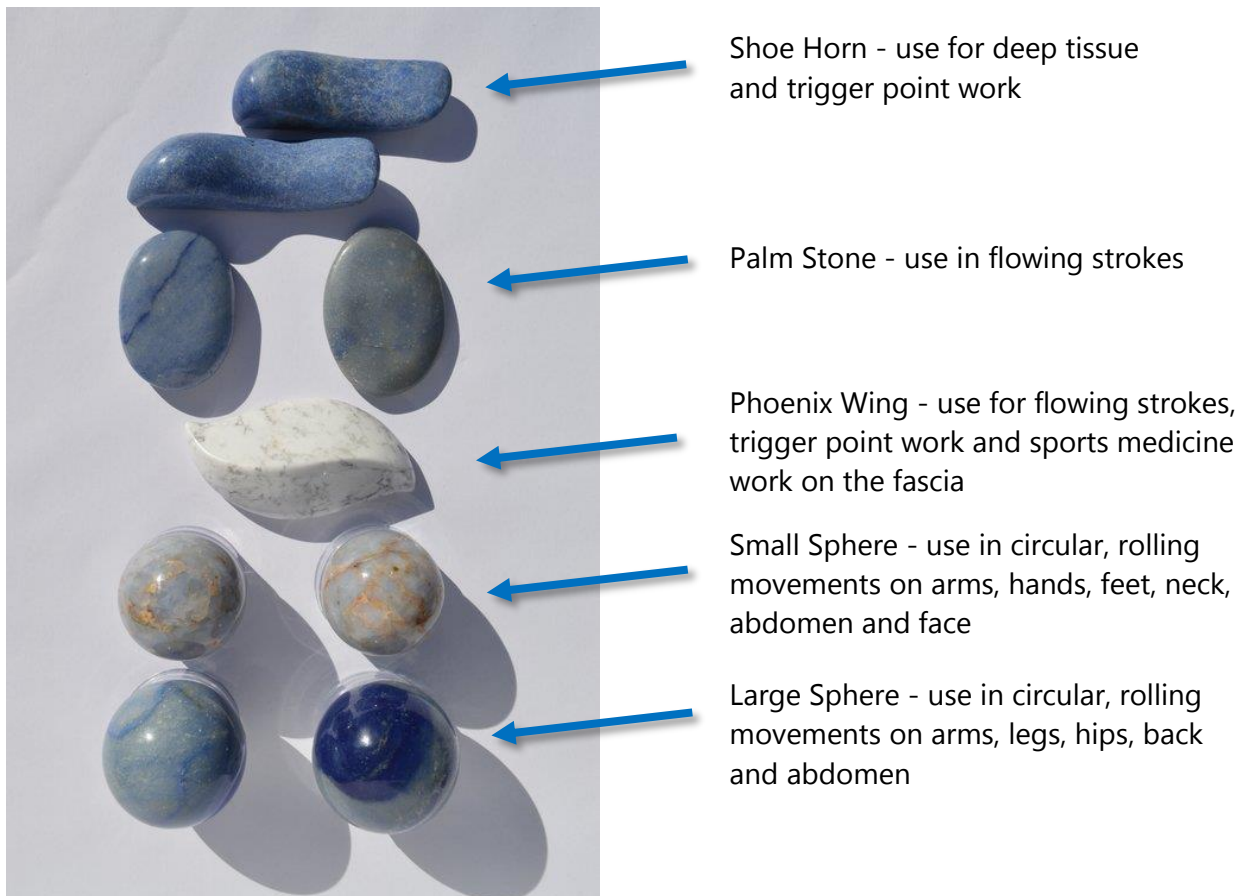
Serenity Blend

Gemstones: Blue Quartz, Dumortierite, Magnesite

Description: This blend promotes deep relaxation, inner peace and confidence.

Stone Sizes & Shapes: Each gemstone blend is unique and features a variety of stones such as: Spheres, Wands, Palm Stones, Phoenix Wings, Egg Shaped Stones, Lens Shaped Stones, Shoe Horn Shaped Stones and Tear Drop Shaped Stones.*

*Not every type of gemstone is available in every shape and size, but each blend includes all the gemstones needed to perform the CB Gemstone Massage.



Crystal Balance Gemstone Treatment Protocol

Regeneration Blend

Gemstones: Unakite, Ocean Agate, Zoisite with Ruby

Description: This blend boosts energy, vitality and creativity.

Stone Sizes & Shapes: Each gemstone blend is unique and features a variety of stones such as: Spheres, Wands, Palm Stones, Phoenix Wings, Egg Shaped Stones, Lens Shaped Stones, Shoe Horn Shaped Stones and Tear Drop Shaped Stones.*

*Not every type of gemstone is available in every shape and size, but each blend includes all the gemstones needed to perform the CB Gemstone Massage.

Small Sphere - use in circular, rolling movements on arms, hands, feet, neck, abdomen and face

Tumbled Stones - use warm or cool for placement

Phoenix Wing - use for flowing strokes, trigger point work and sports medicine work on the fascia

Free Form Palm Stone - use for large muscle groups



Large Sphere - use in circular, rolling movements on arms, legs, hips, back and abdomen

Wand - use for trigger points and acupressure points

Tear Drop - use for both flowing strokes and deep tissue work

Crystal Balance Gemstone Treatment Protocol

Anti-Stress Blend

Gemstones: Aventurine, Magnesite, Smoky Quartz

Description: This blend enhances relaxation and strengthens the ability to tackle stressful situations.

Stone Sizes & Shapes: Each gemstone blend is unique and features a variety of stones such as: Spheres, Wands, Palm Stones, Phoenix Wings, Egg Shaped Stones, Lens Shaped Stones, Shoe Horn Shaped Stones and Tear Drop Shaped Stones.*

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Phoenix Wing - use for flowing strokes, trigger point work and sports medicine work on the fascia

Large Sphere - use in circular, rolling movements on arms, legs, hips, back and abdomen

Free Form Palm Stone - use for large muscle groups

Egg Shape - use for both flowing strokes and deep tissue work



Small Sphere - use in circular, rolling movements on arms, hands, feet, neck, abdomen and face

Palm Stone - use in flowing strokes

Wand - use for trigger points and acupressure points

Mini Wand - use for trigger points and acupressure points

Crystal Balance Gemstone Treatment Protocol

Joy of Life Blend

Gemstones: Garnet, Ruby, Rose Quartz

Description: This blend promotes courage, passion and optimism.

Stone Sizes & Shapes: Each gemstone blend is unique and features a variety of stones such as: Spheres, Wands, Palm Stones, Phoenix Wings, Egg Shaped Stones, Lens Shaped Stones, Shoe Horn Shaped Stones and Tear Drop Shaped Stones.*

*Not every type of gemstone is available in every shape and size, but each blend includes all the gemstones needed to perform the CB Gemstone Massage.

Palm Stone - use in flowing strokes

Free Form Palm Stone - use for large muscle groups

Large Sphere - use in circular, rolling movements on arms, legs, hips, back and abdomen



Tumbled Stones - use warm or cool for placement

Mini Wand - use for trigger points and acupressure points

Small Sphere - use in circular, rolling movements on arms, hands, feet, neck, abdomen and face

Wand - use for trigger points and acupressure points

Crystal Balance Gemstone Treatment Protocol

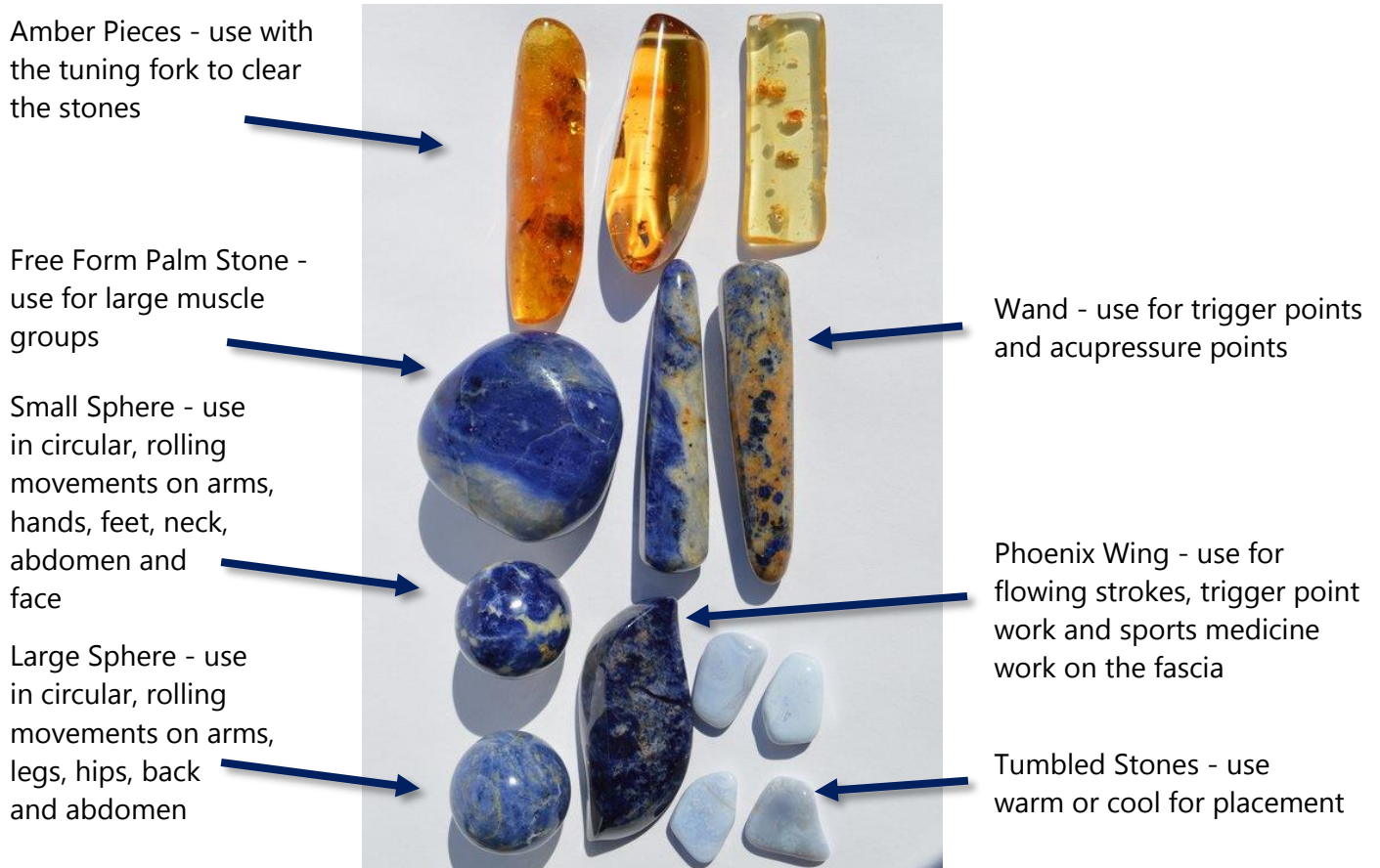
In the Flow Blend

Gemstones: Amber, Blue Chalcedony, Sodalite

Description: This blend encourages spontaneity, flexibility and being present in the moment.

Stone Sizes & Shapes: Each gemstone blend is unique and features a variety of stones such as: Spheres, Wands, Palm Stones, Phoenix Wings, Egg Shaped Stones, Lens Shaped Stones, Shoe Horn Shaped Stones and Tear Drop Shaped Stones.*

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Crystal Balance Gemstone Treatment Protocol

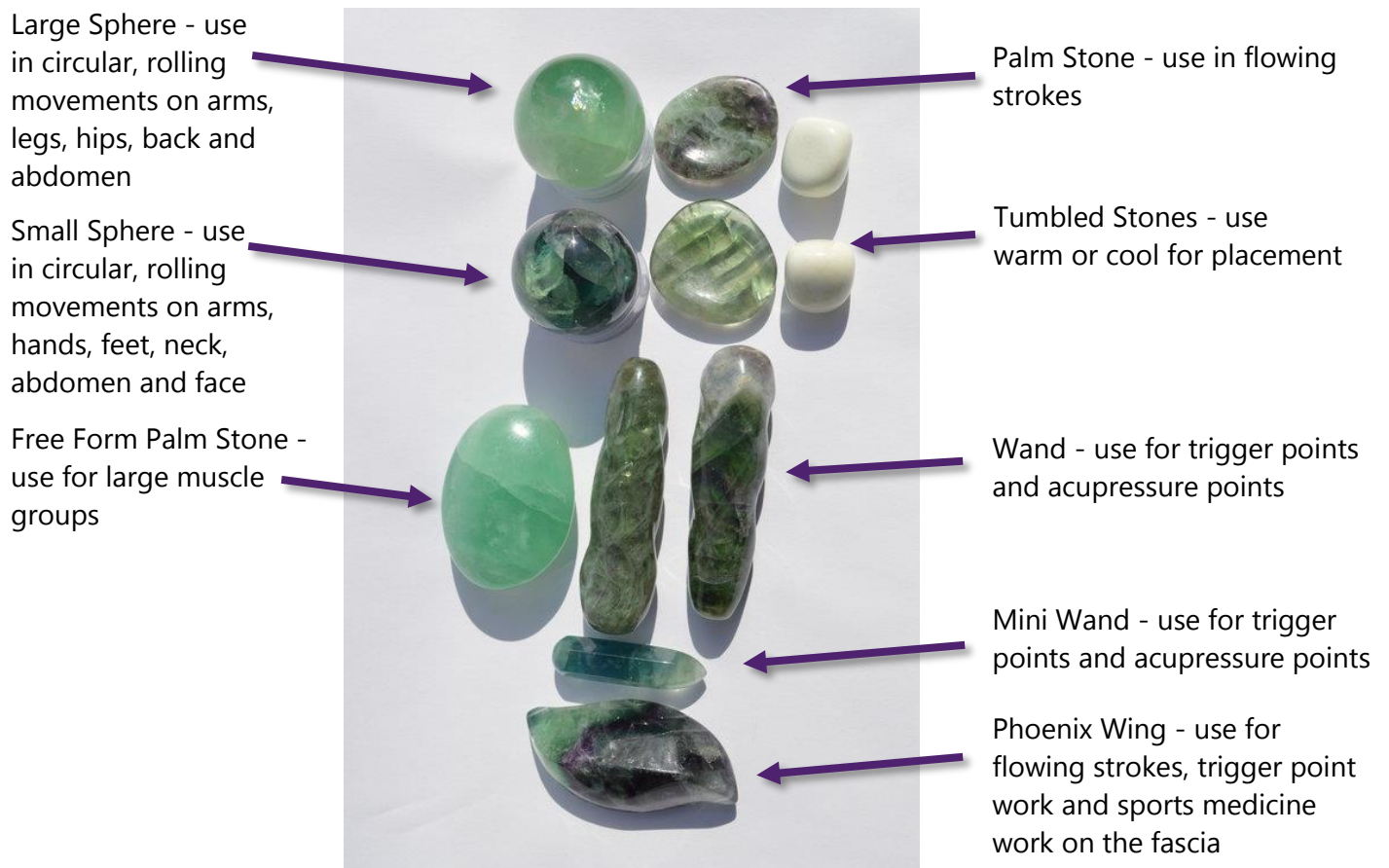
Fountain of Youth Blend

Gemstones: Amber, Blue Chalcedony, Sodalite

Description: This blend promotes freedom, independence and release from old patterns.

Stone Sizes & Shapes: Each gemstone blend is unique and features a variety of stones such as: Spheres, Wands, Palm Stones, Phoenix Wings, Egg Shaped Stones, Lens Shaped Stones, Shoe Horn Shaped Stones and Tear Drop Shaped Stones.*

*Not every type of gemstone is available in every shape and size, but each blend includes all the gemstones needed to perform the CB Gemstone Massage.



Crystal Balance Gemstone Treatment Protocol

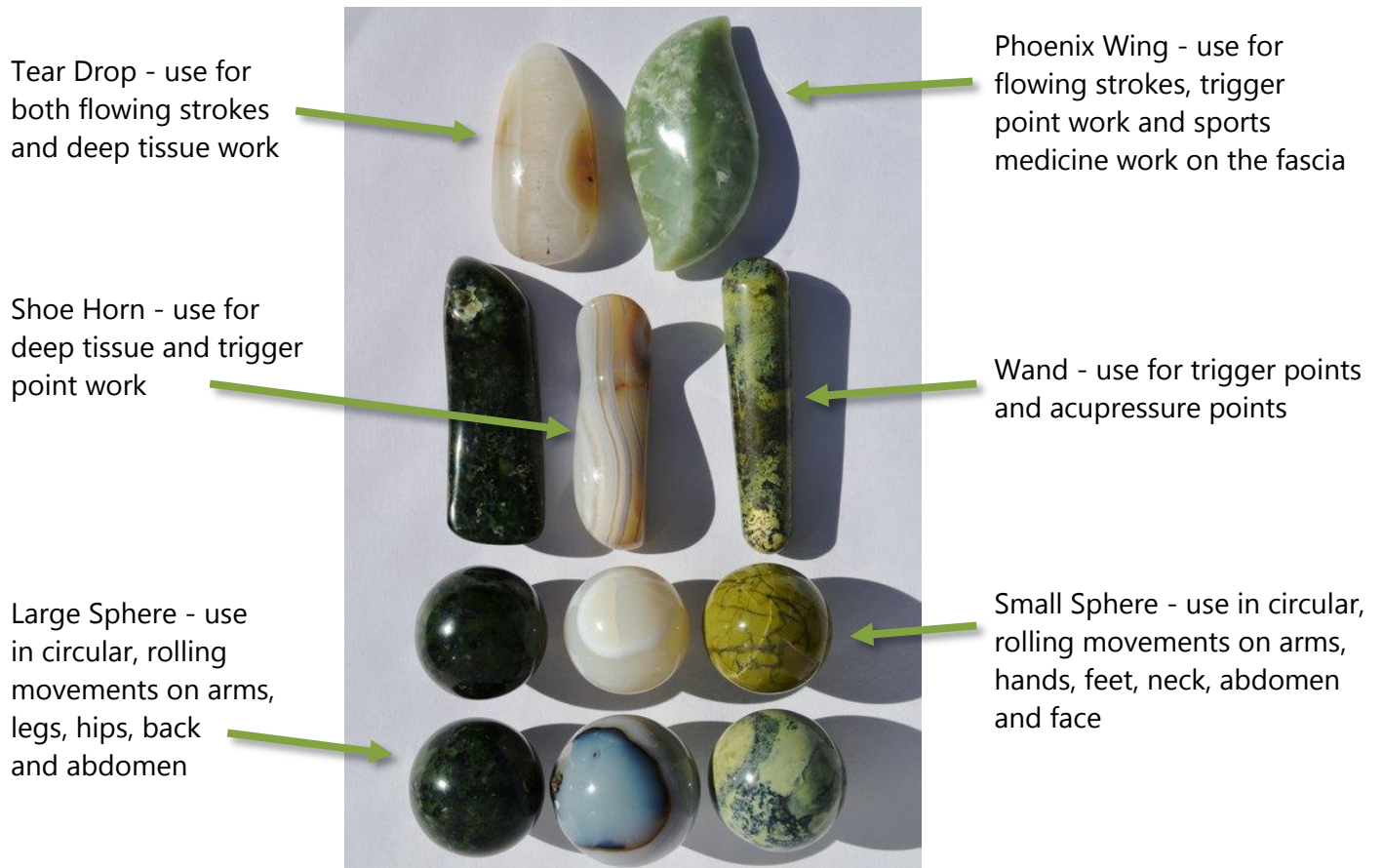
Security Blend

Gemstones: White Agate, Nephrite, Serpentine

Description: This blend promotes inner peace, protection and balance between rest and activity.

Stone Sizes & Shapes: Each gemstone blend is unique and features a variety of stones such as: Spheres, Wands, Palm Stones, Phoenix Wings, Egg Shaped Stones, Lens Shaped Stones, Shoe Horn Shaped Stones and Tear Drop Shaped Stones.*

*Not every type of gemstone is available in every shape and size, but each blend includes all the gemstones needed to perform the CB Gemstone Massage.



Crystal Balance Gemstone Facial Protocol

Facial Blend

Gemstones: Security Blend, Joy of Life Blend, and Clear Quartz can be used for the facial.

Stone Sizes & Shapes: Each gemstone blend is unique and features a variety of stones. Not every type of gemstone is available in every shape and size, but each blend includes all the gemstones needed to perform the CB Gemstone Facial.

Mini Wand - use for acupressure points around the eyes

Wand - use for trigger points and acupressure points on face and scalp



Lens Shape - use cool for placement on the eyes, or to stroke around the eyes

Small Palm Stone - use in flowing strokes on neck, chest and arms

Small Sphere - use in circular, rolling movements on face neck, arms and hands

Crystal Balance Facial Techniques

Face: Apply one to two Wands in circular, figure-eight and rolling movements to stimulate acupressure points on the forehead, cheeks, jaw and chin. Lay cool Lens Shaped Clear Quartz on the eyes for about 30 seconds.

Neck: Use Small Palm Stones or Spheres to stimulate lymph flow by massaging in circular movements from the ear lobes to the collarbone. Use Small Palm Stones in flowing strokes to flush the area.

Chest: Wands and Spheres may be used to release tension by massaging in between the ribs from the sternum to the shoulders. Use Small Palm Stones in flowing strokes to increase blood and lymph flow.

Arms and Hands: Place a Sphere in the palm of the hand and roll it in small, circular movements. Spheres and Small Palm Stones may be used in flowing movements from the hand, up the arm, to the shoulder.

The CB Facial Blend and techniques featured here are based on the work of Monika Grundmann, author of *Crystal Balance*.

Gemstone Use

Gemstones can be used either cool or warm, depending on application.

Flowing Movements: apply warm oil to the gemstones to help them glide over the skin and relax muscles.

Trigger Point Therapy: apply the gemstone directly to warm, lightly oiled skin to create more friction.

Facial: place cool gemstones for a stimulating effect; for example, around the eyes at the end of a facial.

Crystal Balance Massage Techniques

Back: Use Palm Stones to massage in flowing figure-eight strokes on the back, moving from hips to shoulders. Phoenix Wing stones and Shoe Horn stones may be used to apply deeper pressure and flush the area after treatment.

Abdomen: Place a Sunstone, Mookaite or Orange Calcite Sphere on the navel and lightly move it clockwise across the abdomen to warm the area. Then massage with small, rolling movements in a clockwise direction, adjusting pressure accordingly.

Legs and Feet: One to two Palm Stones may be used in long, flowing movements up the legs, warming the area and releasing muscle tension. Wands may be used to gently stimulate acupressure points on the ankles and feet. Use Spheres to massage the soles of the feet in circular movements from toes to heel.

Arms and Hands: Place a Sphere in the palm of the hand and roll it in small, circular movements. Then draw the Sphere from the palm to the tip of each finger. Make figure-eight movements along the inner wrist, and use flowing strokes up the arm to the shoulder. Palm Stones may also be used to perform flowing movements along the arms and shoulders.

Face and Neck: See Crystal Balance Gemstone Facial Protocol.

The CB Gemstone Massage Blends and techniques featured here are based on the work of Monika Grundmann, author of *Crystal Balance*.

Additional Gemstone Massage Products

These products are recommended, but not necessary, to complete the CB Gemstone Massage. They are available **here** for purchase to be included in treatment protocols, and are also a great addition to any **spa boutique**.

Gemstone Eye Pillow: Use the gemstone-filled eye pillow to deepen relaxation and boost gemstone benefits during the treatment. Available in each of the seven blends.

Gemstone Face and Body Oil: Apply the gemstone oil to enhance gemstone benefits and add soothing aromatherapy to the treatment. Available in each of the seven blends.

VitaJuwel Gemstone Water: Begin and end each treatment by offering the client a glass of gemstone-infused water. Available in each of the seven blends.

Rose Quartz Wand: Use on the face to relax and improve blood flow during a massage or facial.

Mookaite & Moss Agate Stones: Use Wands and Spheres to release tension in the chest by massaging in between the ribs from the sternum to the shoulders.

Orange Calcite Sphere: Use on the navel and abdomen to create an uplifting, warming effect.