

## GEMSTONE FACIAL PROTOCOL

### *Reflexology or Acupressure*

Description: Gemstone Facial includes various gemstones for face, head, scalp, throat, thoracic cavity, arms and hands

Products: Gemstone Oil - Gemstone Water or Cream  
Your current products for facials will suffice

*To prepare your own gemstone oil see the following page.*

Tools: Gemstone Eye Pillow with Gem Crystal Powder  
Crystal Eye Stones and Third Eye Piece  
Blue Chalcedony Stones  
Gemstone Wands: 8 of Various Types  
Two Joya Facial Pens + Two Extra Gem Spheres  
Two Joya Face and Body Rollers w/ Spheres  
1 Tuning Fork and 1 Smoky Quartz Small Palm Stone  
2 Palm Stones (Zen Stones)  
1 Agate Gem Comb

Time: 60 to 90 minutes

Table Preparation: Gemstone Tray with all Stones; all products should be within reach  
Facial Steamer Turned On  
Warm Facial Towels  
Oil, Water, Cream  
Music or Sound On



## Preparing Your Own Gemstone Oil

By Michael Gienger, Gemstone Healing

1-3 various stones can be used for infusion.

Jojoba Oil is suggested, alternative oils are Almond, Sesame, or Olive.

Add Essential Oils to the base, if desired.

Gemstone oil can be made using stones in a glass, at 68°F for four weeks.

During this time the Gemstone Information will pass into the oil, which also can work with Gemstone Water, as a transport medium for the information concerned.

Gemstone Oils are especially soothing as they are absorbed quickly into the skin.

During the absorption of the oil, the gem information enters the deep level of hypodermic fat, which otherwise is difficult to reach.



Farfalla Gemstone Oil



VitaJuwel Gemstone  
Container

*These products are available through [RockOnMineralsAndDesign.com](http://RockOnMineralsAndDesign.com)*

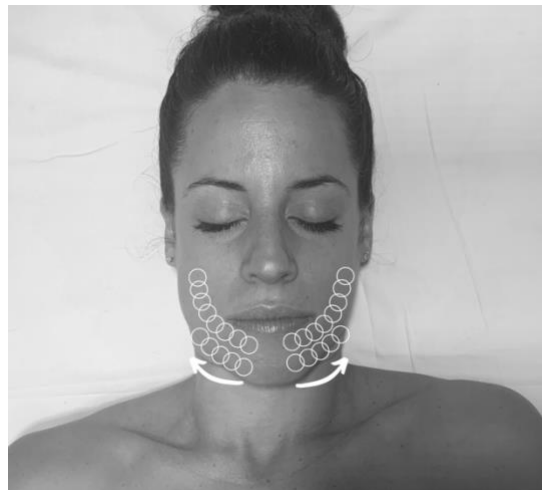
## Types of Movements With Gem Tools

### Circles – Drawing – Points



#### Circles

- \* *Hold gem wands like a pen*
- \* Drawing small circles with slight pressure in a continuous, small, circular movement; moving from one area to another  
***By overlapping with each circle movement to cover the entire face***
- \* Circles used on temples are with ***no pressure***

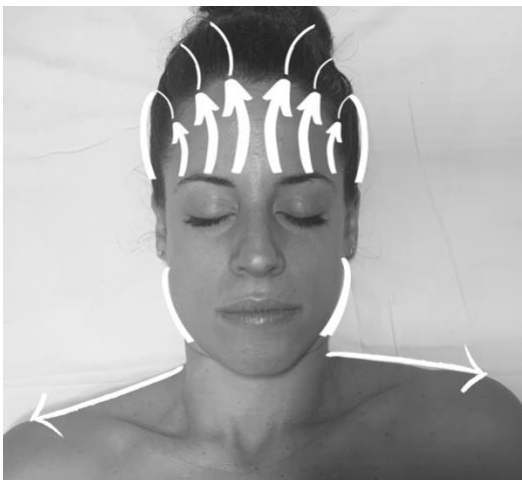
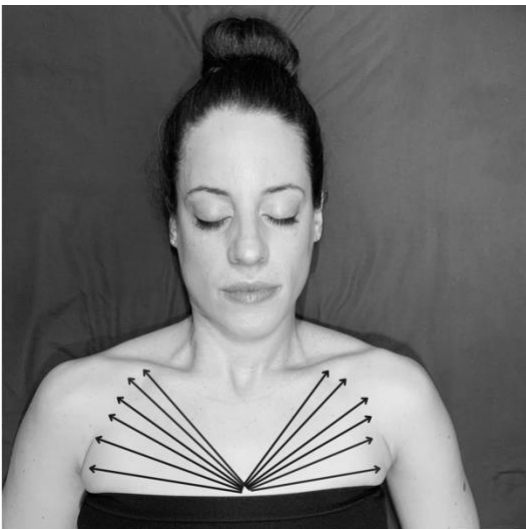


## Types of Movements With Gem Tools Circles – Drawing – Points



### Drawing

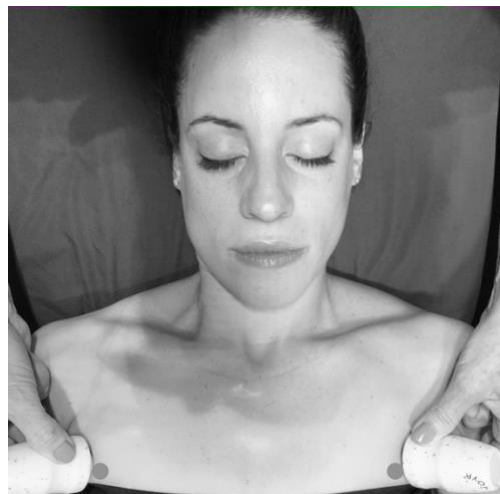
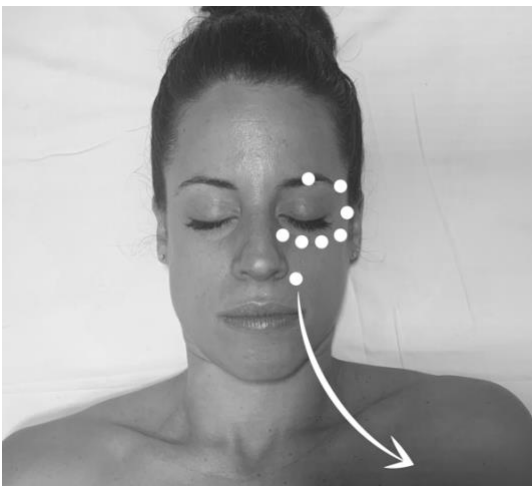
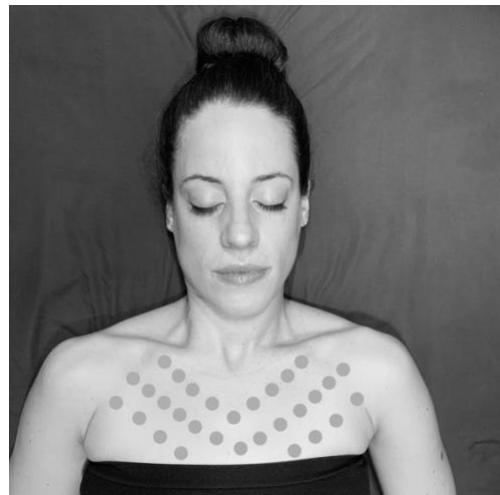
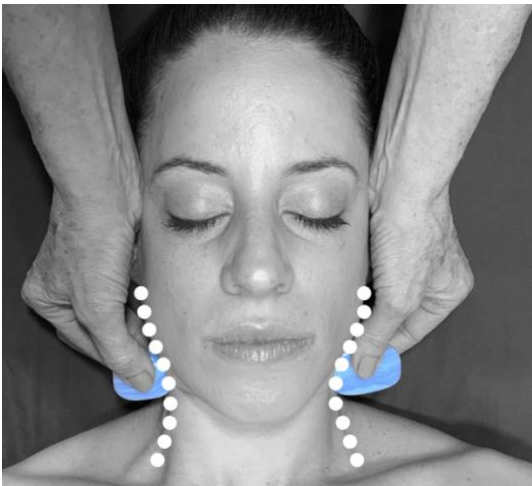
- \* *Hold gem wands like a pen*
- \* Glide both hands simultaneously while holding wands like a drawing stick and trace the lines from center outward
- \* Arch up and around, or under and around eye area
- \* Continue to the edge of the hairline, ears or jawbone
- \* Drawing on the throat and chest (See diagram later in protocol)
- \* Drawing motions are used on the Thoracic Area massaging between ribs (**and not on the ribs**)



## Types of Movements With Gem Tools Circles – Drawing – Points

### Points (Dots)

- \* *Hold gem wands like a pen*
- \* Using a Gem Wand or stone, apply slight pressure to points in a proposed line of direction
- \* Use a rhythmic point like movement with very light pressure especially in the eye area
- \* Follow the point-by-point chart where needed
- \* These movements on the chest are performed ***UNDER the collarbone***



## FACIAL PROTOCOL SET UP



Before beginning, educate client on Gemstone's energies being used in the treatment

**The following pages list the stones by number and their type of energies**

Stones should be warm or room temperature  
IF A TOWEL WARMER IS USED, LEAVE DOOR OPEN  
AND ON THE LOWEST SETTING

If massage table is heated this is sufficient

Keep all Gemstone Tools within reach

During treatment keep hands semi dry and free of excess oil while working with stones

Apply oil or cream to the skin then wipe the hands of excess product



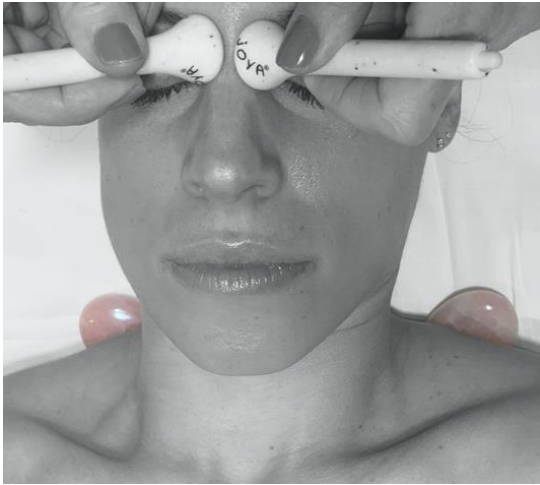
To safely transport stones in and out of massage room use the felt lined tray – this protects your stones from being damaged or broken

## Products and Energies of the Gemstones In the Facial Protocol

*#'s correspond to the pictures on the previous page*

1. Clear Quartz Crystal - Carries energy of the other stones it's being worked with  
Cooling and refreshing; conscious awareness  
Clear Quartz is used for Eye Slices, 3rd Eye Piece and Eye Pillow filling
2. Blue Chalcedony - Encourages the flow of lymph fluid, as well as having a cooling and calming effect to the Kidneys, and Bladder
3. Amethyst - Alleviates Tension and is said to encourage an alert conscious state of mind
4. Hematite - In Joya Facial Tools or Wands; Increases Iron Content, Encourage the Oxygen transportation in the tissues and Improves Blood Circulation
5. Rose Quartz - Wands and Palm Stones are used for arm and shoulder massage  
Increases the Blood Circulation in the tissues, and promotes a rosy complexion  
Tourmaline can also be used for Energy Balancing and relieving Tension  
(Aventurine or Fluorite are other options)
6. Magnesite – (In the Joya Rollers) Calms the muscles, and relieves joint pain
7. Sodalite - Wands are for circulation and loosening congestion, while supporting the water balance in the body
8. Moss Agate, Fluorite, or Bloodstone: Calms internal tension  
Fluorite or Bloodstone fortifies immune system – releases inflammation  
*“The Echinacea of Crystals”*
9. Tuning Fork – 240 Hz – Carries vibration of the Smoky Quartz stone to relieve mandibular joint tension
10. Smoky Quartz Stone – Allows internal tension to melt away  
*The Classic Anti-Stress Stone*
11. Agate or Marble Gem Comb – Grounding – Centering – Brings a good all-around feeling  
Good for the connective tissues
12. Palm Stones – used for arm massage  
Rose Quartz – Magnesite – Amethyst – Sodalite or Tourmaline Options
13. Eye Pillow Filling – Clear Quartz Gem Sand

## FACIAL PROTOCOL TREATMENT



- \* Place all stones in close proximity
- \* Use **Gem Oil, Cream or Gem Water** as Hydration to moisten area around the eyes
- \* **Joya Facial Rollers:** Using dry hands  
Rose Quartz or Hematite Spheres  
(Hematite has 70% iron and are generally cooler than other stones).
- \* Start by placing Joya Rollers on the points inside the bridge of the nose  
Roll and drag Joya tool up and over eye socket – finishing where you began

Repeat 3-6 times

- \* Roll the Joya very lightly in a circular movement on the temple  
Repeat on both sides several times

**Hematite or Rose Quartz Wands** can be used in a similar movement, moving slower, in the temple area – **Use very light pressure**

Repeat on both sides – simultaneously with the Joya or Wands

If you are using Wands, the larger end is used on the face.







- \* Temple Circles with Hematite or Rose Quartz Wands being used

Draw the stone under the eye and hold on the points shown in the diagram

Repeat 3x

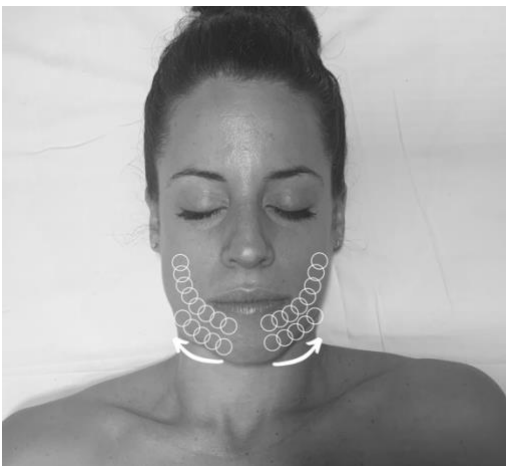


- \* Using Joya Tools or Wands: Amethyst or Rose Quartz

Roll larger end of the stone in circular movement over the cheeks  
And outward to the edge of the face  
See Diagram

- \* Roll larger end of Wand in circular movement from under the lips outward to the hairline  
Use small rhythmic moves

Repeat 3x



- \* Repeat same movement over the chin, cheeks, and jaw, finishing the movement at the hairline

Repeat 3x



- \* Apply small amounts of oil or moisturizer over face, throat and chest in a circular movement  
Distribute evenly  
Wipe hands of excess oil
- \* Hold the **Wands** by the large end so that they lie flat on forehead  
Using rotating, alternating movements, massage the entire width of the forehead to the hairline

Repeat 3x

The gemstones stay on the face during the entire movement



- \* Roll 2 Wands broad sided on both sides of the cheeks, move up and down simultaneously

Repeat 3x

### **Yin Yang Balance Movement**

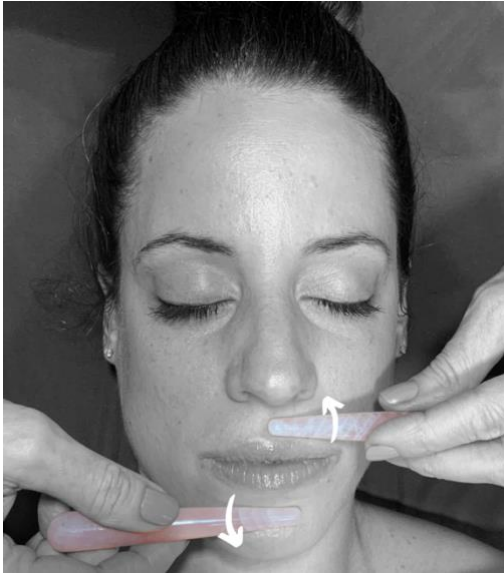


- \* Using **2 Wands** in both hands, place point on the indentation above the lip, and the other wand on the middle indentation below the lower lip

Switch so the wand initially on top is on the bottom and vice versa

Gently roll the wands in the opposite direction simultaneously, while the wands are lying flat on the skin

Repeat 3x



- \* Alternate hands so that left hand is on the top and right hand is below the lower lip for the **Yin Yang Balance Move**

- \* Roll Two Wands broad sided on the cheek, move up and down simultaneously once again See Diagram on the previous page

Repeat 3x



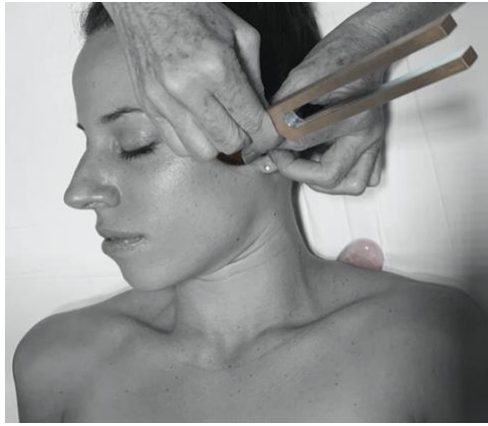
- \* Wipe hands of excess oil

Use Essential Oil to cover the nose area slightly, and let the client inhale deeply



- \* Take a moment to encourage deep breathing and bring to a moment of stillness

Make sure your next series of Gem Tools are *warmed*



- \* **Tuning Fork (240 Hz) and Smoky Quartz Flat Stone**  
*(Make sure hands have no oil on them)*  
Hold **Tuning Fork** very firmly on the base at all times
- \* Hold the **Smoky Quartz** Stone firmly, pressing it against the **mandibular joint** in the front of the earlobe
- \* Activate the *Tuning Fork* by tapping end firmly on a rubber surface (heel of shoe) or broad side of the palm of your hand, while you feel and/or hear vibrations



Lower the *Tuning Fork* onto the *Smoky Quartz* and **hold tightly, allowing the vibration to carry through into the mandibular joint area**

***Don't allow the fork to scratch or move on the stone***

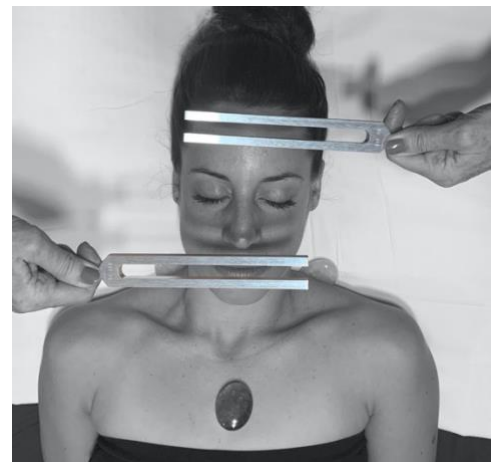
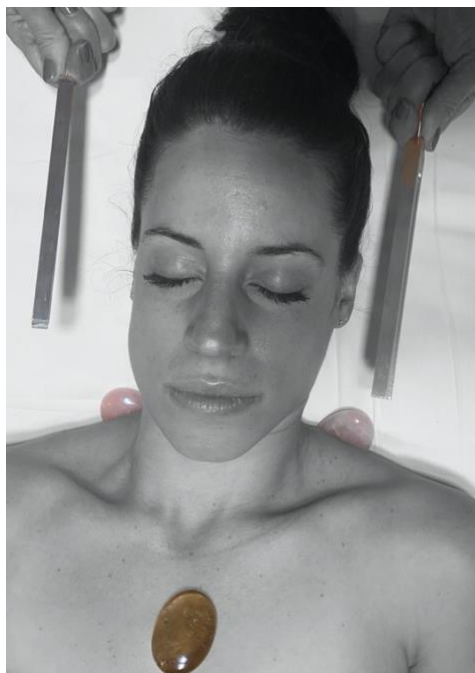
***Have the client release all tension at this point***

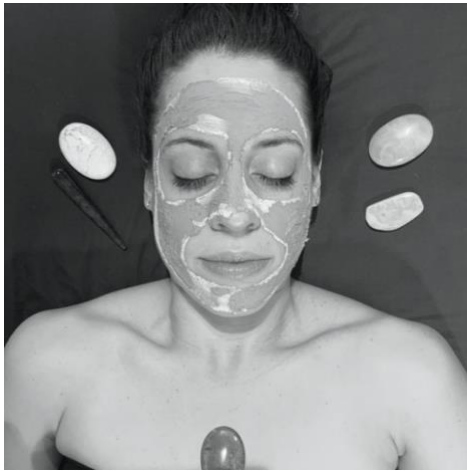
- \* Hold **Tuning Fork** against the **Smoky Quartz stone** until the sound dissipates – Smoky Quartz stone is left on the chest – Repeat 3x

*(Using Two Tuning Forks for Sound Vibration is a nice addition to the treatment)*

- \* The vibration will cause the surrounding tissue to relax and release tension
- \* Move *Tuning Forks* around (about 6" from the head) over the face and chest and down the sides of the shoulders

Repeat 3x





- \* **Add a mask here if this is in your treatment**  
**Leave it on for the entire Gem Comb Segment**

### **Agate Gem Comb (or Marble)**

- \* Use the comb with consistent and slight pressure  
Drawing lines from the hairline, over the scalp,  
as far into the hair as possible

Start in the middle of the forehead,  
moving towards the back of the scalp  
(just like brushing your hair)

Use the same move on both sides of the scalp

Cradle the head with the other hand as  
necessary

*If client has **bald head** use **no pressure** and tilt  
the comb slightly*

*This action stimulates the scalp*

Repeat sequence 3x

Use hands to massage and finish





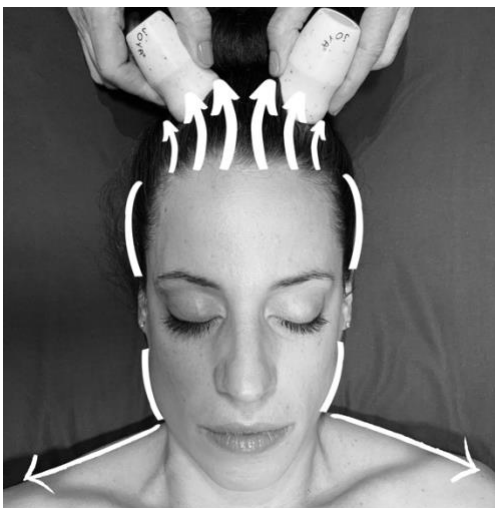
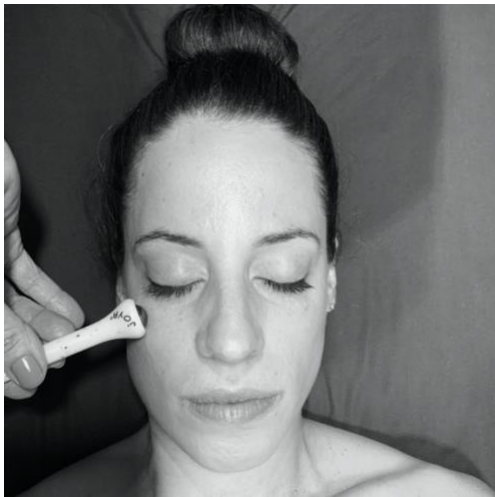
- \* **Gem Wands** can be used for an additional scalp treatment (or in addition to the comb)

***Amethyst, Rose Quartz or Nephrite Jade***

Use one Wand in each hand, drawing lines over the scalp, slowly going back as far into the hair as possible

Always leave the Gemstones in contact with the scalp, through the hair, as far back as possible

- \* **Joya Rollers** can be used here as well





- \* Place **Eye Slices of Clear Quartz Crystal** on both shut eyelids – narrow end facing the nose bridge

Inform client to relax and breathe

- \* Use a little aromatic oil or essential oil on your palms, for client to inhale, holding it over the nose (optional)

- \* Breathe 3-6 full breaths

- \* Place **Clear Quartz Crystal on Third Eye Point**  
Hold in place with thumbs, setting intention, explaining the crystals that are being used during this next segment

- \* You may leave eye crystals on the client if they are comfortable

Prepare your Gemstones for the following segment:

Blue Chalcedony (2-4 stones)  
Sodalite Wands  
Rose Quartz Palm Stones  
Magnesite Joya F&B Rollers



- \* Remove Eye Crystals
- \* Use steam machine at this time before placing eye pillow on
- \* Third Eye Point Crystal can remain in place under the eye pillow

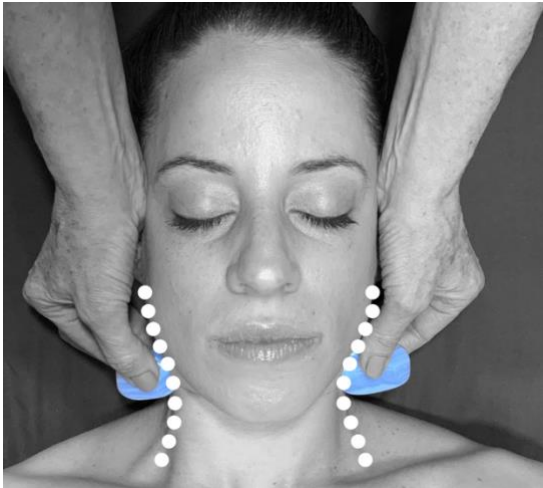
***Don't forget that it's there***





- \* Using **Blue Chalcedony** – Press lightly and hold points as you move down from under the earlobe

Move over throat and under collarbone – out to the lymph drainage point at the armpit (auxiliary lymph node)



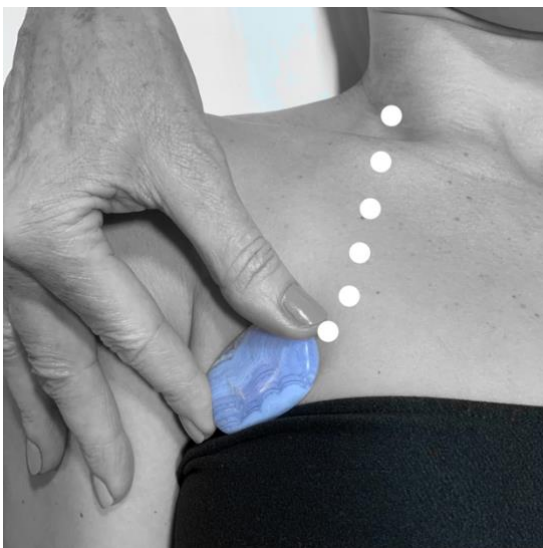
- \* Slightly press with thumb and pump the auxiliary lymph node, roll slightly

(Stone is flat)

- \* Feel free to use this technique on any lymph node area you prefer

See diagrams for movement

Repeat 3x



- \* Use warmed oil to lubricate the chest area, arm and shoulders







\* **Massage of The Thoracic Cavity With Sodalite, Bloodstone, or Moss Agate Wands**

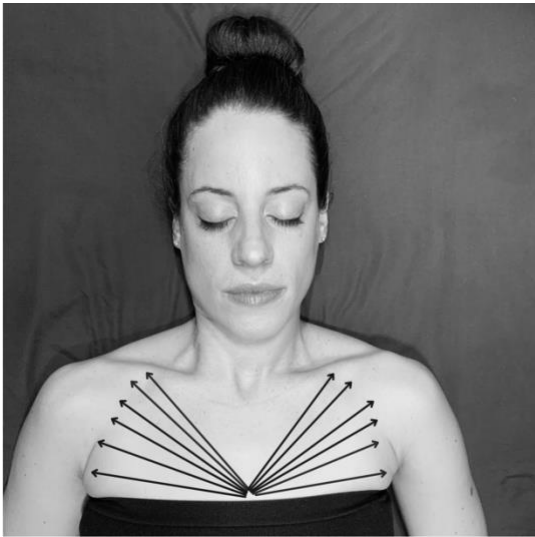
Direction is along the rib cage from the sternum, towards the shoulders

Using warmed stones, use the broad end of the **Gem Wand**, drawing small circles up and out, using rhythmic motions

See diagrams

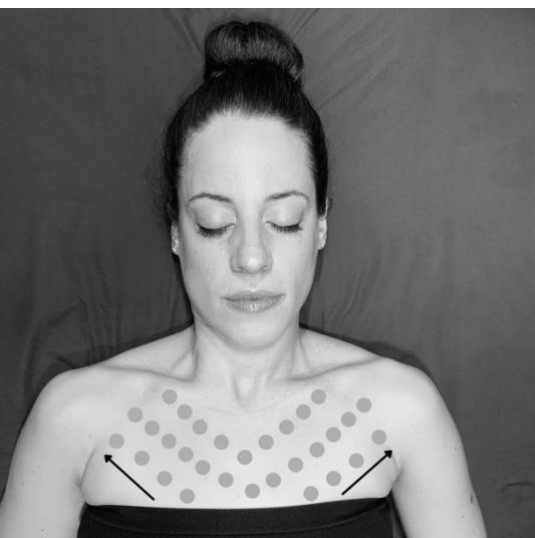
*Work the Gemstones on the area between the ribs, **Not on the Ribs***

Repeat 3x



\* Using Gem Wands draw lines as shown in the diagram

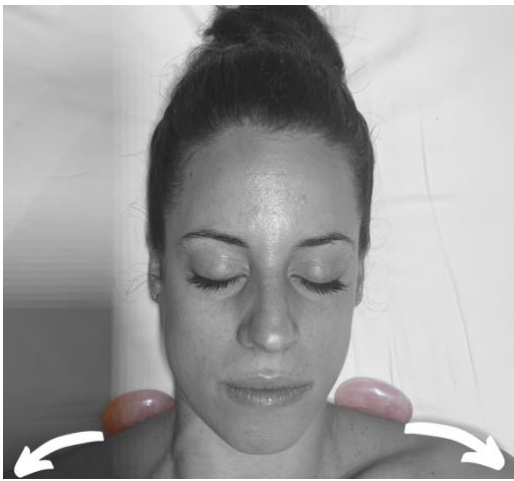
Repeat 3x



\* Using Gem Wands stimulate the points in an upward direction, as shown

Repeat 3x

Finish this area by using hands to massage



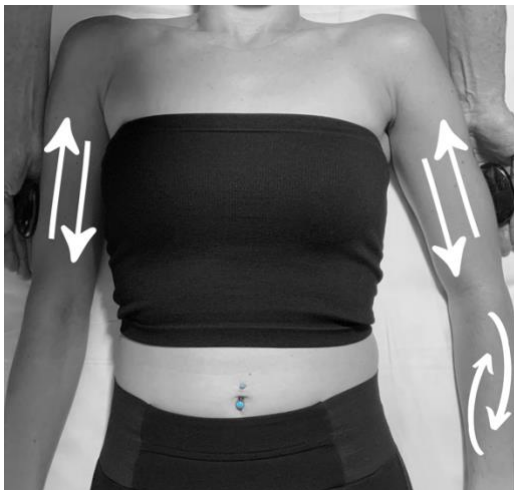
\* **Shoulders, Arms, Hands**

*Gemstones will support any Acupressure or Reflexology Treatments, by adding the Gemstones Energetic Vibration*

Joya Tools, Palm Stones and Gem Wands are used to unblock stagnation and energy

Hands should be free of excess oil

**Shoulder Area:** Using the Palm Stones from under shoulders, massage the arms – one or both at the same time, with Palm Stones



Palm Stones, or Joya Face and Body Rollers are used in one or both hands, massaging entire upper and lower arms

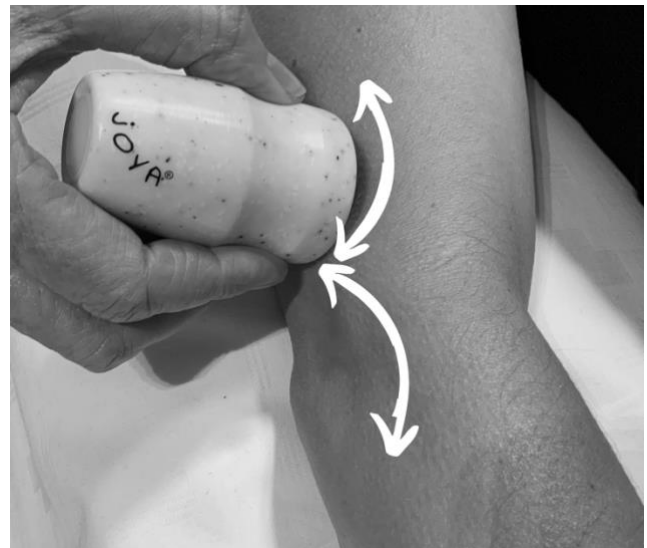
Move with a steady and flowing movement

**No pressure or tool is used on the Elbow or Wrist Joint**

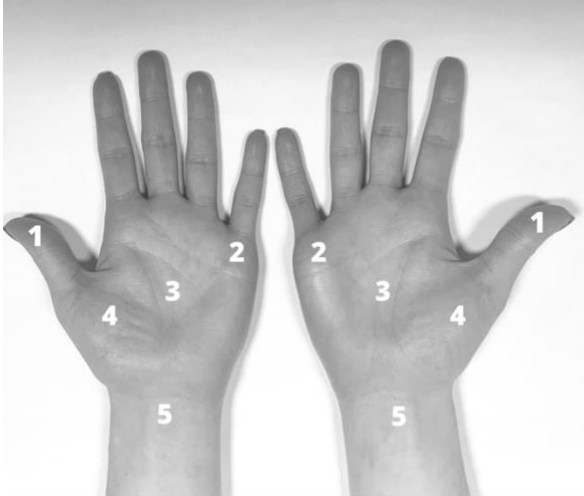
Repeat 3x

**Elbow Joint:** Using no pressure, circle around the joint with the same Palm Stones or Joya Face and Body Roller

Repeat 3x



## Optional Hand Points



See diagram for specific pressure points

Hold each point, and with a small slight rotation movement, move the Gem Wand for stimulation, holding each point for 7-10 seconds

Ask client to share pressure tolerance

(Knowledge is power) For further information refer to the Books on page 24

Use Joya Roller - Face and Body or Facial Pen to finish up  
Massaging the palms of both hands

Roll it around while supporting the hand in the palm of your other hand

1. Head and Neck
2. Shoulders and Arms
3. Stomach, Intestines and Liver
4. Lumbar Region, Adrenals, Kidney and Pancreas
5. Lower Back, Spine, Lymph and Bladder



### **Clean Up and Remove Stones From the Table**

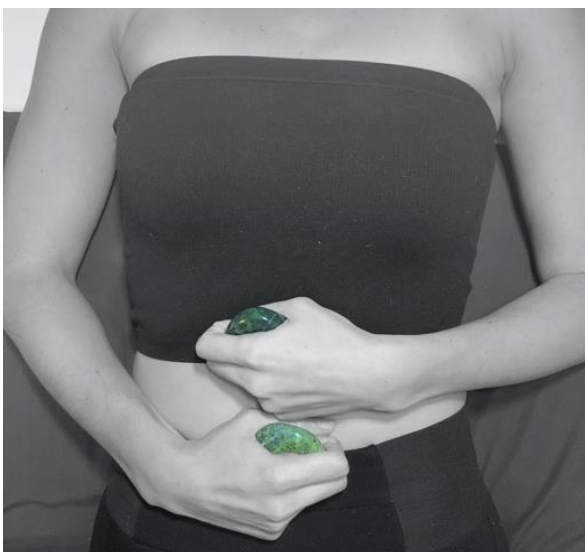
Turn lights down low

Remove eye pillow, Third Eye Crystal, and extra stones from under the shoulders, and from the table

Finish and leave client peacefully

Place stones used for the facial in the felt lined tray

Remove from the room

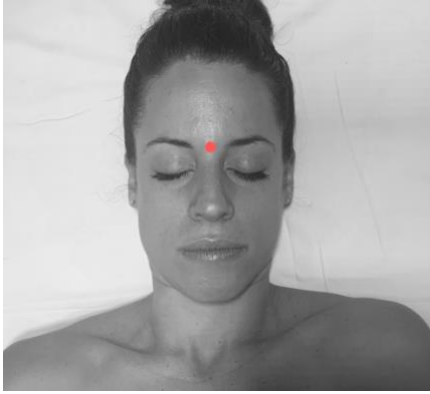


**This is the completion of your Gemstone Facial**

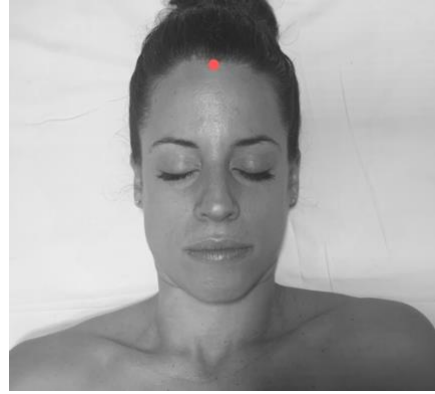
## ***ADDITIONAL RESOURCES***

### **Extra Points For Acupressure and Reflexology**

For Headache or Insomnia  
*Yin Tang (Hall of Impression)*



For Stress or Anxiety  
*Shen Ting (Courtyard of the Spirit)*



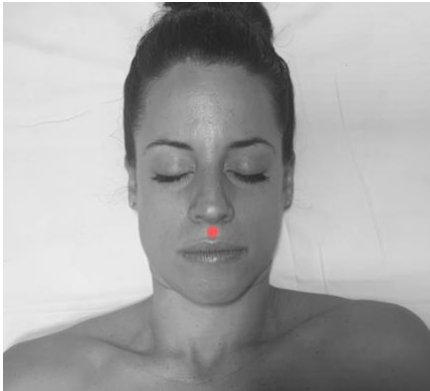
For Swelling  
*Quan Liao (Cheekbone Crevice)*



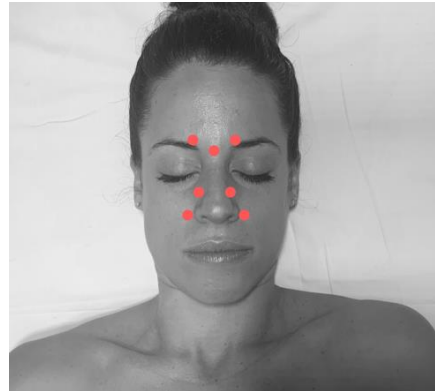
For Stress or Anxiety  
*Yang Bai (Yang White)*



Acupressure Point  
Gem Wand  
*Back Point*



For  
Cold and Sinus  
Infections



## Extra Points For Acupressure or Reflexology



**Gemstone Wands** can support Acupressure or Reflexology Treatments  
By adding the energetic vibrations of the stone

The Amethyst Wand is used here on the Anti-Depressant Point

Rose Quartz - stimulates blood circulation

Amethyst - alleviates pain

Fluorite - relieves chronic tension

Sodalite - loosens congestion in the thoracic area

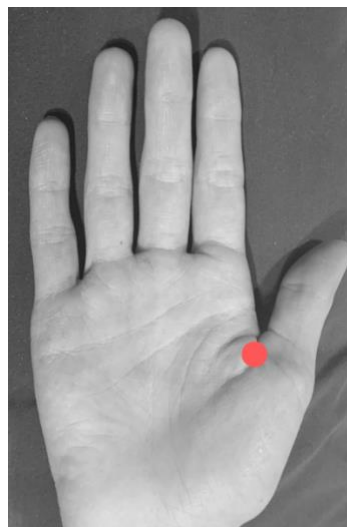
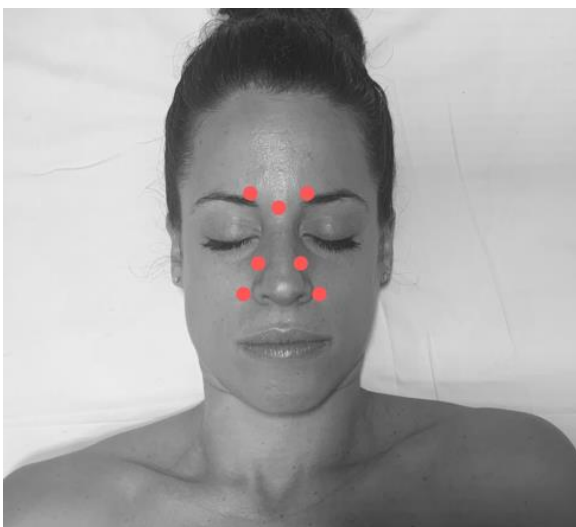
Clear Quartz - reduces inflammation

Nephrite Jade - detoxifies and reduces tension

Bloodstone - stimulates the body's immunity system



For more information about Gemstone Sizes and Shapes and how they are used, please contact Rock On Minerals and Design.



## JOYA FACE AND BODY ROLLER TIPS



FACIAL PEN

The pressure of the massage depends on the needs and desires of the person you are massaging.

The closer you get to the head, the gentler the pressure must be.

Always ask for a response as you carefully increase the pressure.

**Never massage directly on the spine, bones, or joints.**

Be careful while massaging men with a lot of hair.

The hair can be pulled out into the massager and cause skin irritation.

The massager is **NOT** dishwasher safe.

After using Massage Oil, you might like to wash the Massage Tool. Press the Gemstone out carefully for cleaning or changing.

Wash it with lukewarm water by hand and dry it off immediately after washing.

Leave the handpiece open without a Massage Sphere until it is completely dry.



FACE AND BODY ROLLER

**DO NOT** use chemicals, alcohol or abrasive cleaners with the wooden product line.

The wooden Joya line is available for boutique and home use.

*Do not expose the Massager to temperatures below 45° F or above 113° F.*

Do not freeze, boil or microwave the Massage Tool.

Before each use, make sure your massager is free from damage.

Do not use any roller with a sharp or damaged edge.



BODY ROLLER

Slight discoloration of the handpiece may be due to massage oils and will not adversely affect the use of the massager. Gemstones and woods are natural products and can vary in shape and color.

The Gem Tool is made from a mineral composite and is designed for Spa Therapy use.

## JOYA FACIAL PEN TIPS

### Adjustment of the sphere:

Check if the sphere turns easily. If you want a stronger resistance, then push the sphere out (it works like a pen). Now take out the inner pin and turn the white plastic part a little further out. Then put the inner pen and sphere back together. Test how it feels and if it's good for you.

Note: If you use a gemstone at room temperature, the massage will have a cooling effect. If you want to heat the sphere, use the same method that you use to heat the other massage stones.

There are many benefits to a facial massage; there are many acupressure and reflex zones that you can activate using the facial pen. Metabolism and lymph can also be gently stimulated.

### To refresh eyes:

Move slowly in the form of a figure eight around both eyes. See the facial protocol for specifics.

### Light massage of the forehead:

Move the pen in a zig-zag motion gently from the eyebrows, up to the hairline, and back again.

### Circles on the temple:

Roll the pen over the area of the temple in a circular motion. Let the circles grow from small to large, and then smaller again.

Facial Pens are used for relaxation of the facial muscles in the area of the temporomandibular joint (this feels better if the spheres are warm)

Move in a circular motion, gently, over the temple where the upper jaw and lower jaw "meet."

### Massage the cheeks:

Massage the cheeks in circles from smaller to bigger and smaller again.

### Well-being for the nose and easy breathing:

Move the pen from the nostrils at the level of the upper jawbone area to the temporomandibular joint and back. You can do the same thing on the edge of the lower jawbone. You can repeat that several times.

### Massage around the mouth:

Move the pen around the entire mouth. Start just above the upper lip and go in a circle around your mouth. Then change direction.

### Massage the chin:

Using a circular motion, gently, move the pen across the entire chin area.

## GEMSTONE ENERGY RITUALS

*Gemstone Therapy – Acupressure*  
*Reflexology – Crystal Massage*  
*Therapeutic Gemstone Therapy*

A Gemstone Ritual is a therapy with the use of gemstones, in various shapes, designed to be used on the body, for energetic and vibrational therapies. In Gemstone Massage one can use similar techniques and points that are used in acupressure or reflexology, along with the energy of the particular stone.

**Acupressure:** A therapy dealing with 14 energy lines called meridians, running most of the length of the body. Acupressure is said to use over 800 Reflex points that are situated along these lines, or meridians.

**Reflexology:** This is a treatment that can also be known as Zone Therapy. It involves the application of Gemstone Wands, or the use of applied pressure to specific points, primarily on the feet, and the hands. This process can also be applied to the ear. It is generally applied using thumb, finger, or hand massage techniques without the use of oil or lotion. A little oil can be used as needed with the gemstone wands.

**Gemstone Acupressure** or **Gemstone Reflexology** is the treatment *WITH* the use of specific gemstones, for varied energetic vibrations.

**Gemstone vs Crystal Massage:** Although this term is a savvy one, the Gemstones, because they are cut and formed into massage tools, is the term I am most fond of. Crystal Massage or Chakra Healing can also be used in today's Spa and Wellness environment. Crystals are generally different sized stones, than the massage tools that we carry. Crystals are known to be the stone that is faceted to form a piece of jewelry, or a specimen piece that you might see in a museum, or on display.

### **For Additional Resources:**

Crystal Wands: For Massage Therapy, Reflexology, and Energy Medicine  
By Ewald Kliegel

Crystal Balance: A Step-By-Step Guide To Beauty and Health Through Crystal Massage  
By Monika Grundmann

Crystal and Stone Massage: Energy Healing for the Vital and Subtle Bodies  
By Michael Gienger

Joya: Crystal Massage for Everyone  
By Michael Gienger and Ulrich Metz



**GEMSTONES**  
**FACIAL – REFLEXOLOGY - ACUPRESSURE**  
*Energy Qualities*

**BALANCING – CALMING – GROUNDING**

**Agate:**           **Protection - Safety - Security - Grounding**  
**Great for the skins protective tissue**

Aventurine:    Calms the mind  
 Soothes sensitive skin



AVENTURINE

**Amethyst:**   **Inner Peace - Tension Relieving**  
**Great for calming nerves**  
**Soothes itching skin and sunburn**

Dumortierite:  Composure - Ease  
 Relaxes Internal Restlessness  
 Soothes headaches and pain



MAGNESITE

Lapis:            Regulation of the thyroid gland  
 Cooling - Calming  
 Lowers high blood pressure  
 The '*Beauty Stone*'



SERPENTINE

**Magnesite:**   **Relaxes the muscles**  
**Eases joint pain**  
**Soothes a headache**

Malachite:     Eases muscles cramps  
 Releases 'pent up' feelings  
 Emotionally cleansing



Serpentine:     Combats negative energy  
 Has a relaxing effect on the body

**Smoky Quartz:**   **Releases inner tension**  
**Pain relieving - Nerve Strengthening**  
**Compensates for effects of radiation**

SMOKY QUARTZ

**Sodalite:**       **Experience '*Something New*'**  
**Cooling - Calming - Relaxing**  
**Soothes inflammation in the throat**



SODALITE

\*Bold type represents Stones we use in our Facial Protocol

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**NEUTRAL – CARRIES ENERGETIC ACTIVITY OF THE STONE IT IS BEING USED WITH**

**Blue Chalcedony:**     **Boosts immune system**  
**Encourages Lymph Flow**  
**Cooling and Calming effect**



**Clear Quartz:**     **Promotes energetic flow**  
**Carries the energy of other stones**

CLEAR QUARTZ

**Copper:**     **Helps with the elastic fiber in the skin**  
**Great anti-aging tool**



**Fluorite:**     **Increases physical capabilities**  
**Clears the head**  
**Alleviates chronic tension**

FLUORITE

**Moss Agate:**     **Dissolves stagnant congestion**  
**Soothes inflammation in the chest**  
**Clears the respiratory tract**



MOSS AGATE

**Nephrite Jade:**     **Balances activity and rest**  
**Reduces tension and impatience**  
**Good for detoxification**



NEPHRITE JADE

**Rose Quartz:**     **Harmony and sensitivity**  
**Promotes and improves blood circulation**

**Ruby Fuchsite:**     **Tension relieving**  
**Reduces pain**  
**Reduces skin inflammation**



ROSE QUARTZ

**Tree Agate:**     **Ensures vitality**  
**Stabilizes health**  
**Improves resistance to infection**



**Tourmaline:**     **Protects against electro-smog**  
**Good energetic flow to the nerves**  
**Balances internal energy**

TOURMALINE

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**ACTIVATING – STIMULATING – INVIGORATING**

**Bloodstone:**            **Alleviates irritability**  
**Fortifies resistance to illness**  
**The ‘Echinacea’ of stones**



BLOODSTONE

Carnelian:                Promotes the absorption of nutrients  
Stimulates the metabolism

**Hematite:**            **Power and Vitality**  
**Moves oxygen in the body**  
**Improves blood circulation**



MOOKAITE JASPER

Lace Agate:              Regulates intake and flow of energy

Mookaite Jasper:      Strengthens immunity  
Moves stagnant energy  
Encourages harmony



OBSIDIAN

Obsidian:                Dispels fatigue and weakness  
Moves energy throughout the body

Orange Calcite:        Warm - Fortifying  
Strengthens the bones



RED JASPER

Red Garnet:             Re-energizes flow in the Chakras  
Enhances vitality and passion

Red Jasper:             Dynamic - Activating - Energetic  
Strengthening - Warming



UNAKITE

Unakite (Epidote):    Treats exhaustion  
Restorative – Accelerates Healing  
Supports regenerative abilities

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