

# **GEMSTONE RITUAL / GEMSTONE BODY MASSAGE**

## **Our Signature Body Treatment**

**Body - Face - Reflexology - Acupressure Techniques**

### Description:

Gemstones of various shapes and sizes are used together for different energies:  
Active to Regenerating

The Gemstone Massage is a body treatment with one to three stones,  
energetically and vibrationally used together for  
Aligning the Body's Energetic fields.

A Ritual makes an action more meaningful, gives it purpose and can be a certain  
designated time to a day, week, or month; particularly a time of the year.

### Products:

Gemstone Oil or Massage Oil

Gemstones of Various Sizes and Shapes according to their Energies

You only need two to four various sizes for a massage

### Tools for Massage Blend or Ritual:

Facial or Reflexology Wands

Body Wands

Palm Stones – Large

Zen Palm Stones

Joya Rollers – Body

Joya Rollers – Face and Body

Spheres

Free Form Body Stones

Phoenix Wings

Tear Drops

Shoe Horns

Gem Comb

All Stones can be used on the body in different places;  
certain shapes are better on specific areas of the body

## The Gemstones can be used as an Add-On Massage or a Complete Treatment

Abdominal Work – Lymphatic Drainage – Sound Therapy with Tuning Forks  
are also used with the Gemstone Massage or Ritual in our protocol

### Extra Products Used:

Gemstone Powder or Crystal Powder  
Gemstone Oil or Body Oil  
Gemstone Eye Pillow  
Crystal Eye Stones and Third Eye Stone  
Pendulum  
Gemstone Poultices

**Clear Quartz or Rock Crystal** is a neutral energetic component, carrying the vibrational energy of the set it is being used with. It will lend energy in the right amounts and enhance a renewed vitality to the massage.

Clear Quartz is a cooling, refreshing stone that opens the senses.

Time: 80 to 120 minutes

Drapes are not mentioned in the protocol; however, you will use them like you do in any other body massage.

Place or leave crystals on the body for energetic vibrations wherever possible.

Table Preparation: Gemstone Tray with all Stones  
Products should be within reach throughout the massage

Oil – Warmed or room temperature (see pg. 18)

*(Remember the body's own temperature and therapist's hands will keep the stones warm during the massage)*

## In The Flow Gemstone Collection



*SAMPLE*

### **DISCLAIMER**

**The Crystal Gemstone Massage works to primarily achieve energetic influence and mobilize self-healing forces. The Gemstones have been proven and tested in practice over thousands of years, however, never serve to be a substitute for diagnosis or treatments from doctors or alternative practitioners. Ask for competent advice if confronted with a serious condition, and only administer alternative massage practices after consulting a Specialist (if necessary).**

**Gemstones work as a good therapeutic addition to any health regimen.**

## Gemstone Ritual or Massage Description for Digital or Print

**Depending on which stones you are using, we can create a specific description**

### Intention of the Gemstone Treatment

Our Gem Stone Blend is designed to deeply relax, (or regenerate) while experiencing the nature of the stones, and bring into alignment all the chakra energy centers of the body.

It is intended to release energy blocks, align the meridians of the body, as well as to provide a deep healing from the gemstones in this collection.

The treatment begins with a Pendulum to check the body for energetic imbalances.

Gem Poultices, Gem Eye Slices, a Third Eye Stimulation Crystal, Gem Scalp Comb, and Tuning Forks are additions to complete this Gem Experience!

You will feel the sensation of the ritual as it removes stagnant energies, as well as releasing the flow of the lymph with the Blue Chalcedony stones...

Stones of Orange Calcite and Mookaite Jasper bring the life force to the abdominal area... making the Gemstone Experience one of the most unique and memorable massages you have ever had.

Enjoy this Restorative flow of energy.....

### Sample for Spa

Regeneration Gem Blend: Unakite, Ocean Agate or Sea Jasper, Zoisite with Ruby

Unakite is a stone known for its regenerative and restorative healing properties...

Ocean Agate or Jasper is added for a pleasant feeling to the body...

Zoisite with Ruby is the powerhouse providing strength, courage and preserving a "Joy in the Spirit."

This Regeneration Blend resonates with vibration to restore your vitality in life!

The session begins with a pendulum... to locate energies that might be out of sequence.

Gemstones are then used in various massage techniques on your body.

Gem Poultices are used as an added sound vibration, as well as releasing energetic blocks found along your body's meridian lines. Tuning Forks and a scalp gemstone comb calms the nerves; blue chalcedony stones are used for lymphatic drainage; a Crystal Gem eye pillow and eye crystal slices for a Third Eye "opening" compliment this massage.

Orange Calcite promotes a warmth into the abdominal area while promoting digestion Mookaite Jasper helps maintains a gentle, enlivening effect, while releasing pent up emotions and energy blocks. Top this with Crystal Powder and oil for a "treatment" to remember!



## Sample of Gemstone Collections



### ANTI-STRESS

Aventurine: Encourages Relaxation  
Smoky Quartz: Dissolves Internal Tension  
Magnesite: Soothes Muscles and Joints



### SERENITY

Magnesite: Relaxes  
Dumortierite: Eases Anxiety  
Blue Quartz: Alleviates Tension



### SECURITY

Agate: Grounding  
Nephrite Jade: Inner Balance  
Serpentine: Creates Personal Boundaries



### REGENERATION:

Unakite: Treats Exhaustion  
Ocean Jasper: Alleviates Inflammation  
Ruby Zoisite: Restores and Strengthens

## Additional Gem Stones For Sets or Individual Treatment Therapy

All groups have Gem Tools that are available in various Stone Types.  
Clear Quartz is the Gemstone we generally use to enhance the energy.



### **Amber**

Joint Healing  
Vibrational Healing  
Purification  
Eases Headaches  
Stand alone or used as an add-on

Amber is a petrified tree resin - not a stone

Amber is available in various sizes and shapes for  
the body massage.



### **Red Jasper - Petrified Wood Orange Calcite**

Red Jasper: Lends Energy – Drive  
Works to Stimulate the Circulation  
Has a Warming Effect

Petrified Wood: Composure – Relaxation  
Strengthens – Detoxification

Orange Calcite: Pleasure – Warmth  
Strengthens the Bones – Good for the Skin  
Aids in Digestion

## Additional Gem Stones For Sets or Individual Treatment Therapy



### **Hematite - Sunstone - Bloodstone (Heliotrope)**

Hematite: Stimulating  
Supports Oxygen Transport  
Lends Power and Vitality

Sunstone: Mood Lifting  
Harmonizes the Autonomic Nervous System  
Good for off-setting initial stages of illness

Bloodstone: Revitalizes in cases of Exhaustion  
Fortifies "Immune System"  
Relieves Inflammation



### **Tourmaline - Obsidian - Rhodonite**

Tourmaline: Energy Flow in the Nerves  
Internal Energy Balancing of the Meridians

Obsidian: Healing from Trauma – Eases Pain  
Relieves Fatigue and Weakness

Rhodonite: Good for Circulation and Heart Flow  
Ramps up the Immune System  
Encourages Love and Understanding

### **OTHER STONES TO CONSIDER:**

**LAPIS**  
**TIGER IRON**  
**AMAZONITE**  
**LABRADORITE**



**Used With Any or All Collections**



Gemstone Infused Oil – Farfalla  
 Gemstone Poultice  
 Eye Pillow with Crystal Sand (Clear Quartz)  
 Gem Comb  
 Pendulum

Abdominal Stones – Lymph Series – Tuning Forks  
 Blue Chalcedony for Lymph Flow  
 Orange Calcite – Abdominal Energy  
 Mookaite Jasper – Stomach and Intestinal Flow  
 Smoky Quartz – Mandibular Joint  
 Tuning Forks – Additionally Used for Sound Therapy



Sample of Gem Shapes  
 From Left To Right  
 Various Stones Used  
 Sphere  
 Free Form  
 Tear Drop  
 Shoe Horn  
 Palm Stone  
 Eye Facial Stone  
 Wands  
 Zen Stone  
 Phoenix Wing  
 Body Wands  
**Joya**  
*Top To Bottom - Far Right Side*  
 Joya Face and Body Roller  
 Joya Body Roller  
 Joya Facial Pen

## Enhancements To Your Massage or Ritual



Gem Stone Poultices

Used with or without herbs for your treatments



Sample of Gems Stones that can be added to the Bath – Foot Bath – Boutique Shelf  
Can be used as a gift with massage

The Gem Stones would be the same stones as your Gem Massage group



Chakra Gem Stones  
Small Palm Shapes





## Gem Sand - Gem Powder



Gem Powder  
Face and Body Exfoliation



Gem Sand – Very Fine  
Body Exfoliation



Gem Sand for Eye Pillows



Chips used in Gem Poultices



## Amethyst Druzy

Druse or Druzy

The Amethyst Druzy can be ordered for various shapes and sizes for Spa Counter Tops or Boutique Shelves. They are also used to Recharge your gemstones between massages. Amethyst gives a natural feeling of healing to the Wellness Center.



## Gem Stone Poultice

Poultices can be added to any treatment as an option.

- Gemstone Energy is transmitted when pressed, rolled and used in a Poultice on the body
- Warm Slightly; Press - Roll - Stimulate  
Knead - Tap - Release
- Use with or w/o Herbal Presses
- You can add essential oils, herbs, spices or plant roots in your poultice
- Leave poultices on the body while performing other massage moves
- Warm Pressed gem poultices relieve:
  - Muscle Tension
  - Joint Pain
  - Inflammation
  - Stiffness and Fatigue
  - Digestive Issues
  - And more...

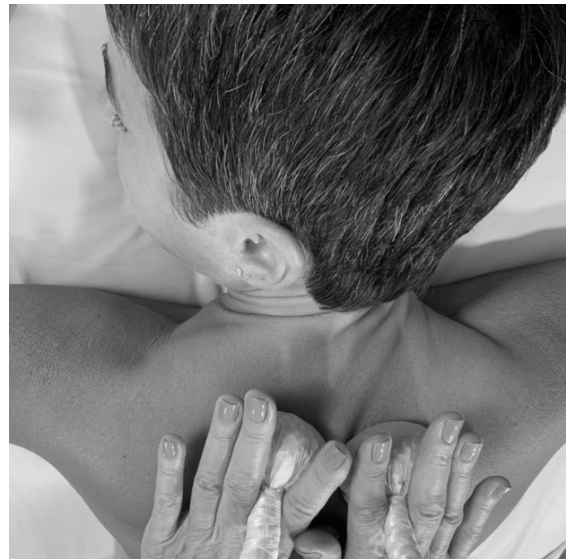




## Poultice Continued

### Cleaning Instructions:

- Gemstones can be cleaned in between treatments
- Clean with an organic soap; Rinse well
- Let dry; Gemstones will be recharged
- Wrap with new muslin cloth to reuse
- Outer cloth wrapping can be cleaned and pressed to be reused
- Wrap stones in a new muslin cloth for the interior layer
- Add any other components that you would like
- Technique can be used like any other Poultice treatment



*\*Cleaning, care and storage can be found on our website*

## Joya Rollers

Various stone types are available



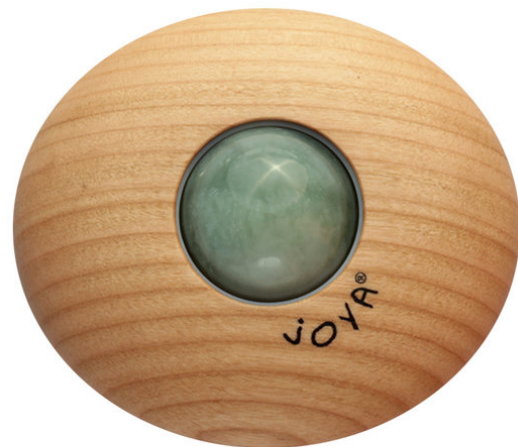
Rose Quartz Body Massage Roller



Amethyst Face and Body Roller



Rock Crystal Massage Pen



Serpentine Body Massage Roller  
Home Series

See [www.rockonmineralsanddesign.com/joyarollers](http://www.rockonmineralsanddesign.com/joyarollers) for more

*Joya Rollers by Ulrich Metz*

## Pendulums

Pointers on how to find energetic blocks in the body



- Pendulums are made with stones used in your Gem Massage
- Helps identify blocks of energy in the body
- Identifies tight muscles
- Identifies Chakra area stagnation
- Indicates where you may want to spend extra time during Body Work
- Use with Good Intention - Be Positive - Be Healing
- Use only if you are comfortable
- Ask only simple Yes or No questions when working with the Pendulum
- Clearing a Pendulum is a diagonal movement
- Rocking up and down indicates Positive - Yes
- Rock side to side indicates Negative – No
- Check Pendulum at the end of the massage on each side of the body for results

See [www.rockonmineralsanddesign.com](http://www.rockonmineralsanddesign.com) for additional information

## Phoenix Wing Stone – 7 Types

Used in most collections – A versatile Therapists stone



### **Fluorite**

Stimulates the Nervous System  
Moves Congestion  
out of the Body



### **Unakite**

Regenerating to the Body  
Treats Physical Exhaustion  
Strengthening Effect



### **Sodalite**

Cooling effect  
Calms Heat Sensitivity  
Helps with Inflammation in the  
Throat



### **Serpentine**

Calms Nervousness and  
Restlessness  
Releases Tension



### **Magnesite**

Deeply Relaxing to Muscles  
Relieves Pain in the  
Connective Tissue  
Good with Detox Programs



### **Rose Quartz**

Harmonizes the Body  
Encourages Good Blood  
Circulation  
Great for the Skin



### **Aventurine**

Relaxes the Mind  
Releases Blocks in the Body  
Reduces Stress and  
Internal Restlessness



## How To Use Phoenix Wings

### Flat Side

- Used liked a Palm Stone
- Leave on the body

### Ridge

- For Reflexology and Deep Tissue Massage

### Tip Points

- Trigger Points
- Press and Release Movement
- Stimulation
- Releases Blocked Energy
- Use End or Tip of Stone for Acupressure or Reflexology



### Outside Edge of Stone (Curved)

- Use to get up under the shoulder blade
- Deep Fascia Massage – Lymphatic Massage
- Can be used all over the body

### Use with Acupressure or Reflexology Treatment

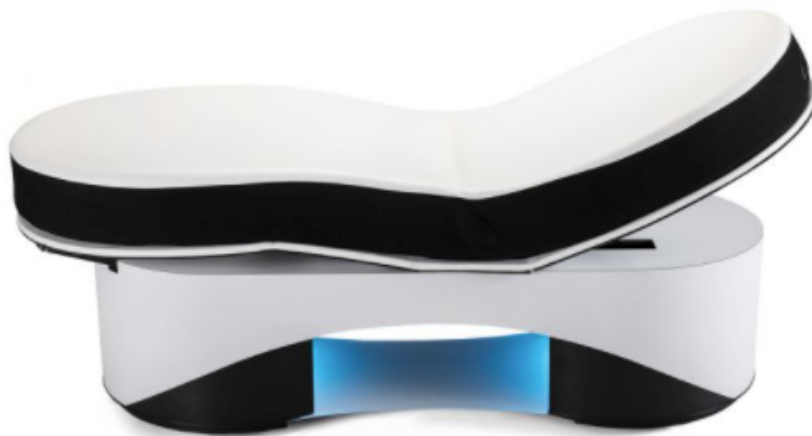
*Credit to Creator of Phoenix Wing: Monika Grundmann  
Gemstone Energy with Crystal Wands: Ewald Kliegel*

## Warming Your Gemstones

- Stones should be room temperature to warm
- Any heating element needs to be set at the lowest setting
- Leave door open at all times
- Gemstones can easily be too hot, unlike other stones you may work with
- A heated massage table is the perfect environment to warm the stones

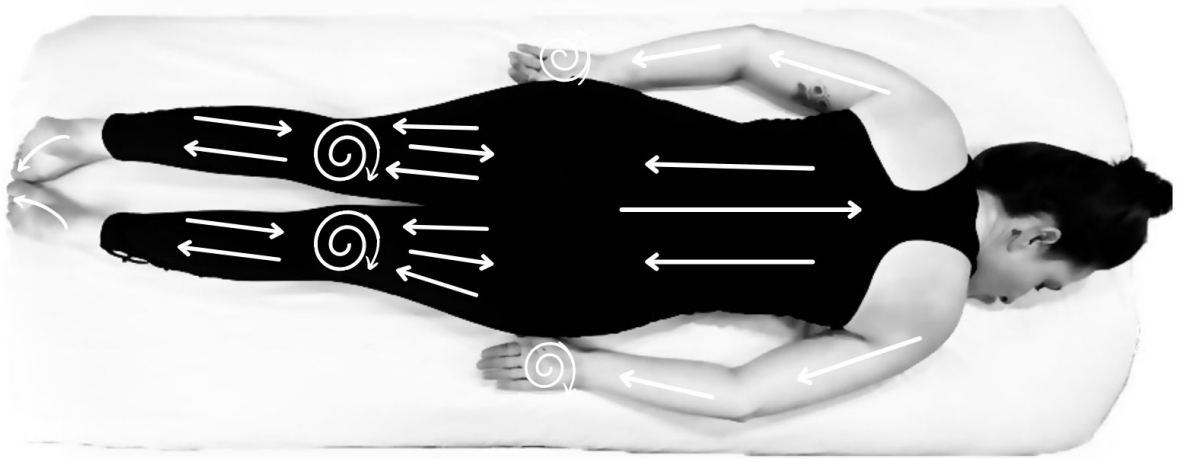


Himalayan Treatment Table  
SAMPLE



Embedded Table Warmer  
SAMPLE

## Body Massage Protocol Treatment Sequence for Gemstone Massage



Prone Position

Begin Massage → Hands → Stones → Hands → End with Stones

See arrows for sequence starting on the person's Left side of the body  
Sequence should mirror a regular massage



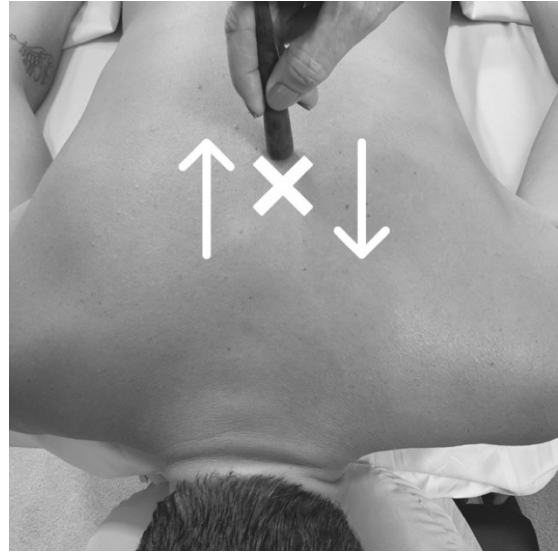
Supine Position

1. Cultivate Your Intention; Be mentally present
2. Share info about the stones temperature and ask personal feedback
3. Be willing to receive energy of the gemstones – use intentionally
4. Place stones in close proximity to your work

## Types of Movements with Gem Tools



Circular Movement  
(Stroking or Effleurage)



Drawing  
(Never use any pressure directly  
on the spine)



Press and Release  
(Percussion Movement)

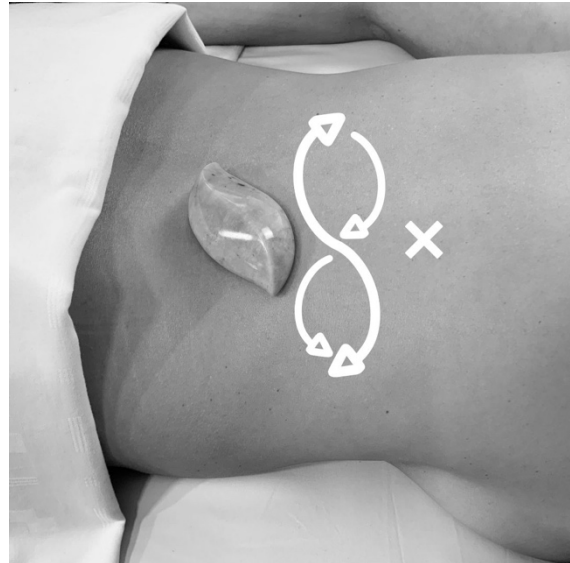


Figure 8 Movement  
Phoenix Wing  
(Never use any pressure directly  
on the spine)

## Body Massage

Any group that you have decided to use in your spa will work within the body protocol

Oil the area that you are working on slightly

Wipe hands of excess oil

Check stone temperature on the inside of your arm ; make sure it's not too hot

Begin work with stones – hands – stones

**Essential Oils** can be used in the hand, as aromatherapy, to allow the client to breathe, relax, and ground themselves into the experience

Put hands underneath the face cradles and allow client to breathe the essential oil

Deep, Slow, Breaths

Grounding Intention with two palms stones on the soles of the feet

Press and begin the massage on the sole of the left foot – light to medium pressure  
the energy of the stones are the essence to this massage

Start left foot with circle movements using more pressure into the heels and balls of the foot

The stones should be comfortable in the palm of your hand with a solid grip

**NOTE:** On Varicose Veins use only cool to slightly warm stones

With back-and-forth movement, massage the heels of the left foot – then right – holding the opposite hand under the foot for support



## Ankles, Soles of Feet

Make sure stones are the right temperature

Make sure you find a good grip and begin movements

Wrap the stone over the ankle and down the front of the foot as you transfer the stone to other hand (see picture)  
Rub back and forth over Achilles Tendon



On the sole of the left foot, begin to use circular movements with the Palm Stone (clockwise)

Apply more pressure to the soles and heels of the foot

Rub around the ankle bone lightly

Stroke the Palm Stone down the front of the foot and out over the toes – supporting the foot with the opposite hand



Repeat on the Right side



Zen Stones





## Stone Options

- Zen Stones
- Palm Stones
- Wands

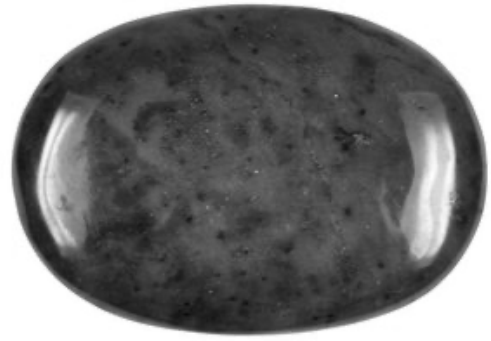


Wand

## Calf – Leg Massage

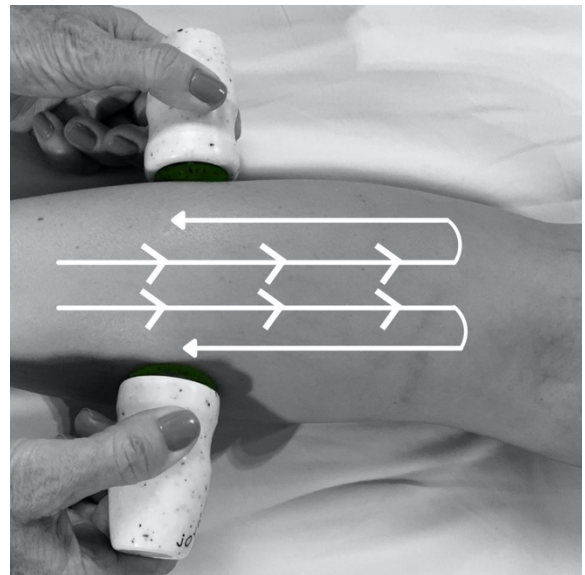
### Suggested Stones to Use:

- Palm Stones
- Zen Stones
- Joya Rollers



Palm Stone – Large

Be sure not to massage on the back of the knee



The swirl on the back knee represents no pressure on this area – only an energetic movement over this area



## Thighs

Use oil as needed and wipe excess oil from hands

### Suggested Stones to Use:

- Joya Rollers
- Large Palm Stones
- Phoenix Wing
- Free Form Palm

Using JOYA, large Palm Stones, or Phoenix Wing in both hands stroke as if you were doing a regular massage along the inner and outer thigh

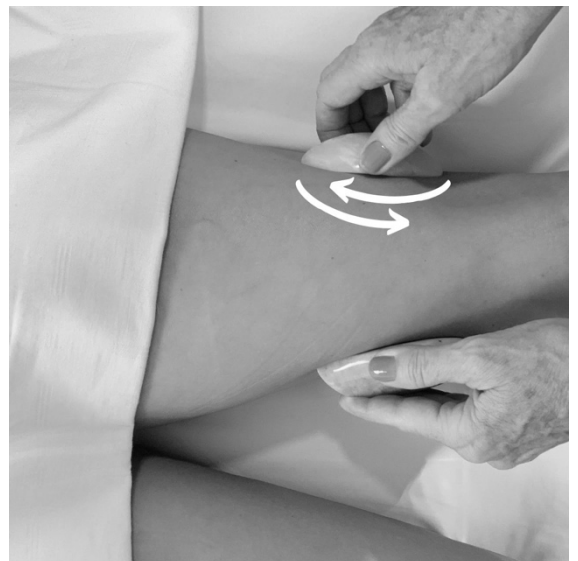
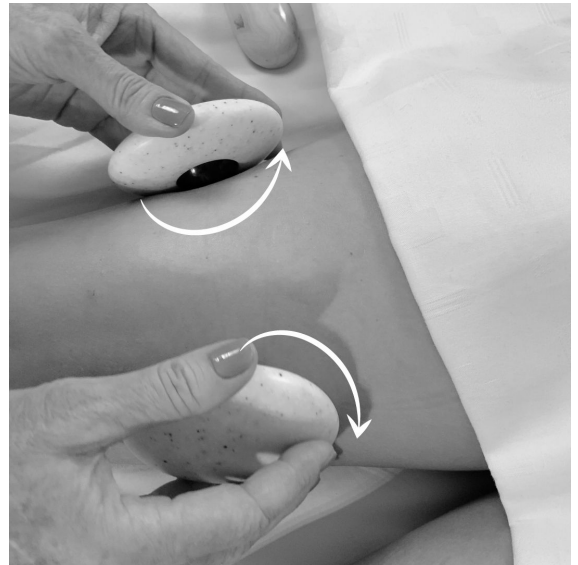
Press – Pulse – Release – Repeat

Hands – Stones – Hands

Pulsing, vibrating and kneading with two stones in both hands in the large muscle groups of the thigh and hips

The flat side of the Phoenix Wing can be utilized on hip area or upper thigh

Draw the ridge of the Phoenix Wing down tight bands of the muscle



## Hips

Prone or Face Down Position

JOYA Roller is used by itself



Using the JOYA Rollers in circular motion,  
massage the hips

Pressing lightly to deep (if you are able)

Roll the JOYA Roller with both hands  
simultaneously or one at a time



Press the Roller in the hip for additional  
"deep release"



## Movements on the Lower Back

Prone or Face Down Position

### Suggested Stones to Use:

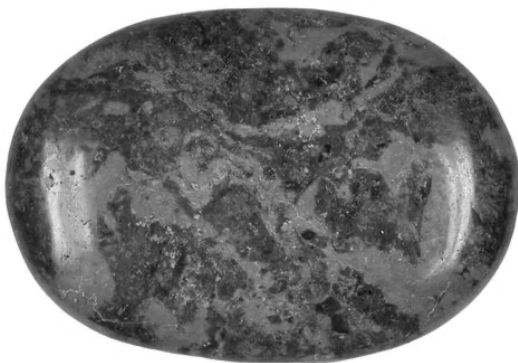
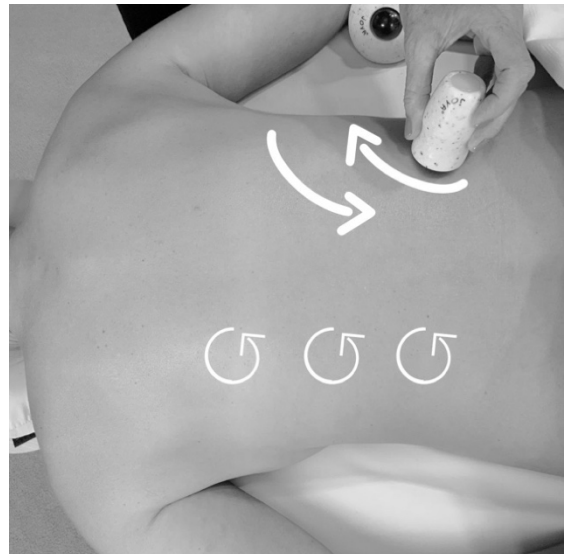
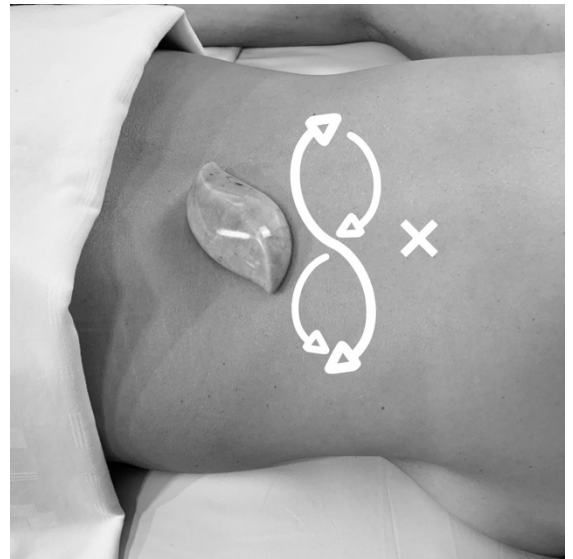
- Phoenix Wings
- Joya Rollers
- Palm Stones
- Free Form Stones

Pressure can be used on both sides of the spine  
But no pressure directly on the spine

Figure 8 moves on lower back  
all the way up the back to the shoulders

Massage the back with hands – stones – hands

One hand or both hands can be used here



Palm Stone - Large



## Upper Back

Prone or Face Down Position

### NOTES:



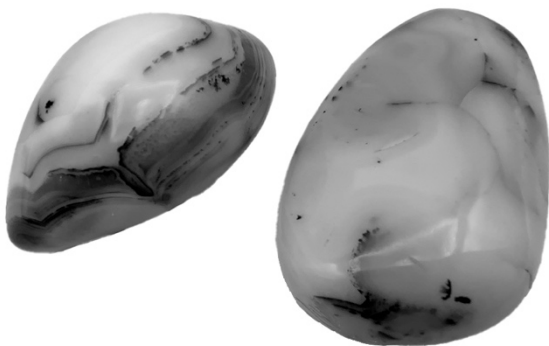
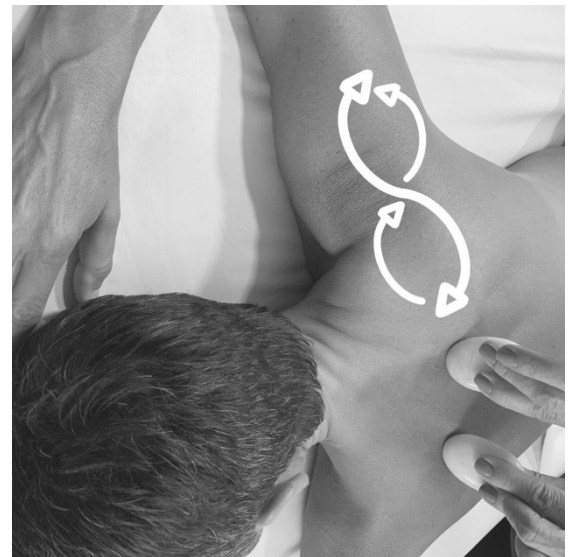


## Upper Back (cont.)

Prone or Face Down Position

### Suggested Stones to Use:

- Palm Stones
- JOYA Rollers
- Zen Stones
- Wands
- Free Form Stones



Agate – Free Form



Unakite – Free Form

## Shoulders To Arms

### Figure 8 Movements

Can be small to large – encompassing the entire upper arm or lower arm

Natural flowing movement with light to normal pressure – much like your massage moves



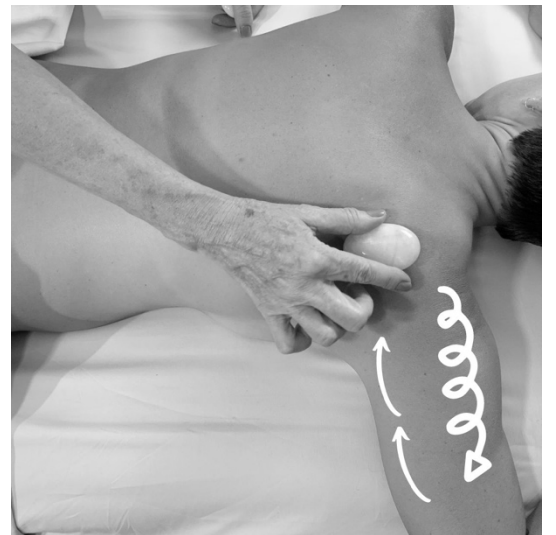
Can do individual arms or both, simultaneously

Use Circular Movements to cover both sides of the arm

Each consecutive stroke can become larger with a little more pressure

Press and push stone down upper arm

Finish by drawing the Palm Stones back towards you under the outside of the arm



Joya Rollers can also be used



## Arms Face Down

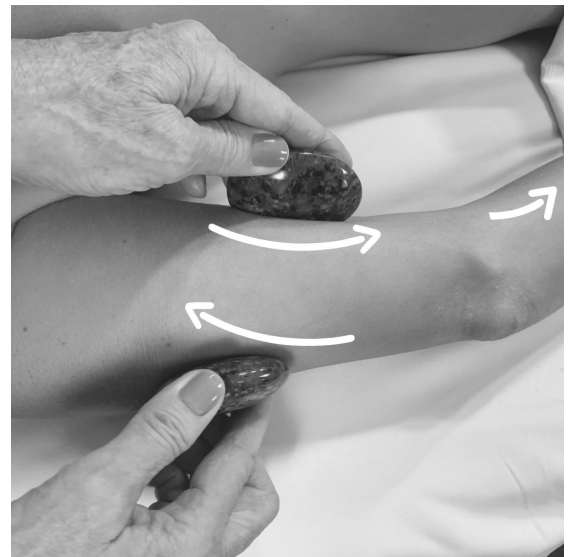
### Circular Movement

Use circle movements down one side of the arm, and pull the stone back up under the arm as diagram shows

Use long sweeping, drawing motions much like a massage

Use hands or gemstones as appropriate

Do not use any stone ON the elbow



Zen Stones



Palm Stone - Large

## Extra Tools For Hands

### Suggested Stones to Use:

- Joya Facial Pens
- Wands
- Zen Stones
- Palm Stones

Reflex Points

Acupressure Points

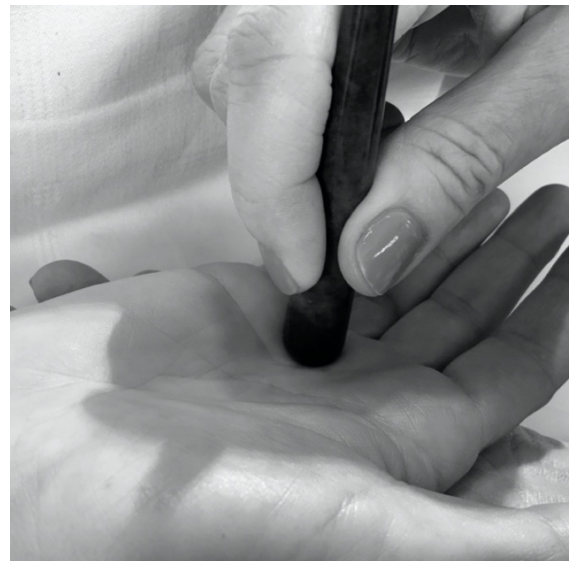
Small Circular Movements

Placement of the Palm Stones for energy  
can be left in the palm of the hand

Letting the client grip the stone if possible



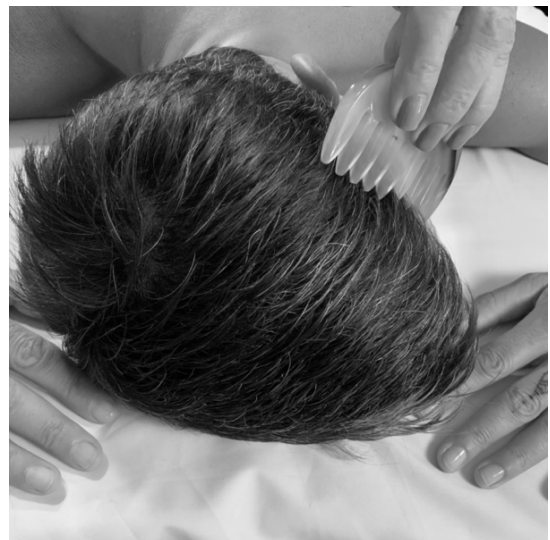
Zen Stones





## Gem Comb for Scalp Treatment

- Use the Gem Comb lightly over the scalp
- Comb all sides of scalp while face is in cradle
- Turn the body to face up – Supine Position
- Use Gem Comb once again if possible working area from crown or hair line out over the scalp
- Place all stones that you will be using near the body; Eye Crystal Slices Blue Chalcedony, Gem Eye Pillow
- Check temperature of stones for face and throat as they need to be slightly warm
- Stones will become warmer as you use them on the body
- Use a little oil and wipe hands  
Use just enough oil for Gemstones to glide over face and throat



See visual representation on [www.rockonmineralsanddesign.com](http://www.rockonmineralsanddesign.com)

**Face Up – Facial – Optional Moves**  
*Eye Crystal Slice – Third Eye Stimulation*  
Supine Position

- Eye Crystal slices should be used with concave side down; smaller end towards nose  
Client should be comfortable
- Roll the Crystal Sphere to stimulate the Third Eye Zone; perform movement for 15- 30 seconds and remove
- Place the flat eye crystal on Third Eye position and leave in place
- If the client is comfortable, leave the Eye Crystals for a few minutes while you prepare the Lymph Stones of Blue Chalcedony



For more information visit [www.rockonmineralsanddesign.com](http://www.rockonmineralsanddesign.com)  
and see the Facial Protocol

## Tuning Fork and Smoky Quartz



- \* **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

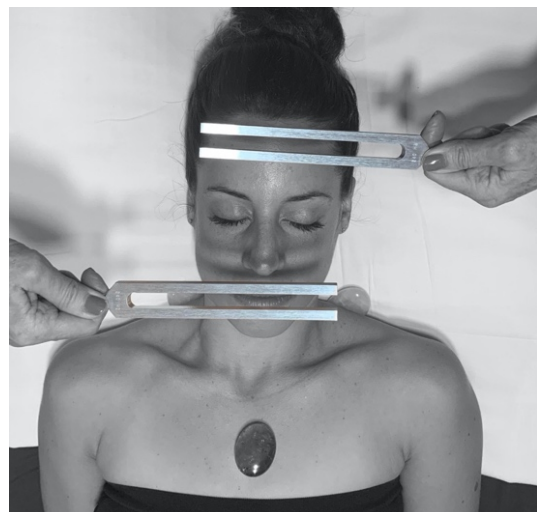


- \* Activate the *Tuning Fork* by tapping end firmly on a rubber surface (heel of shoe) or broad side of the palm of your hand, while you feel and/or hear vibrations

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***

**The Jaw should drop, which would indicate that the client is relaxed.**



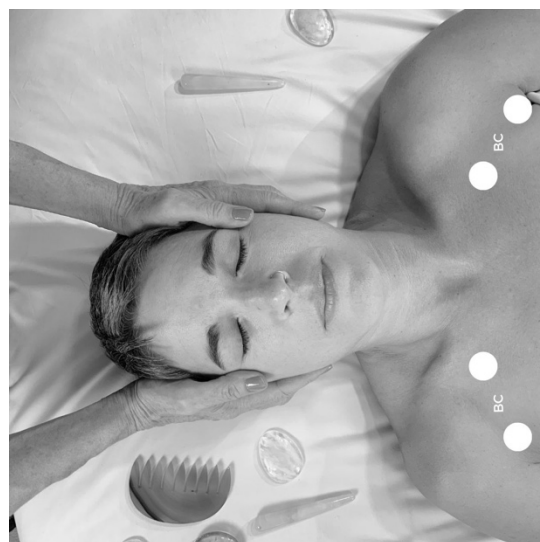
- \* Hold **Tuning Fork** against the **Smoky Quartz stone** until the sound dissipates  
Smoky Quartz stone is left on the chest  
Repeat 3x

- \* The vibration will cause the surrounding tissue to relax and release tension

- \* Repeat 3x with Tuning Fork for Sound Bath

## Face Up – Facial – Optional Moves (cont.)

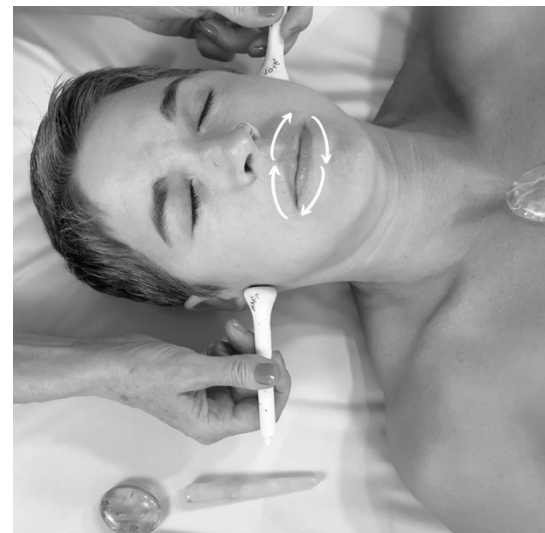
- Lie the Gemstone Eye Pillow onto the eyes  
use a little oil to smooth over the  
throat and chest
- Blue Chalcedony Stones are used for  
Lymph Drainage
- Press lightly on the points going  
down the sides of the throat – slowly
- Apply slight pressure as indicated on picture
- Leave two Blue Chalcedony on the point  
at top of the armpit
- Press and stimulate with your thumbs  
Rolling to work the lymph
- Repeat several times
- Massage the throat with hands lightly
- Leave Blue Chalcedony stones on lymph  
points of the chest and move to massage  
on the shoulder and arms
- Eye Pillows have extra covers for protection  
that can be washed and reused
- The interior layer of the pillow is Gem Sand  
and does not get replaced





## Optional Facial Stones – Wands – Joya

See Facial Protocol on  
[www.rockonmineralsanddesign.com](http://www.rockonmineralsanddesign.com)



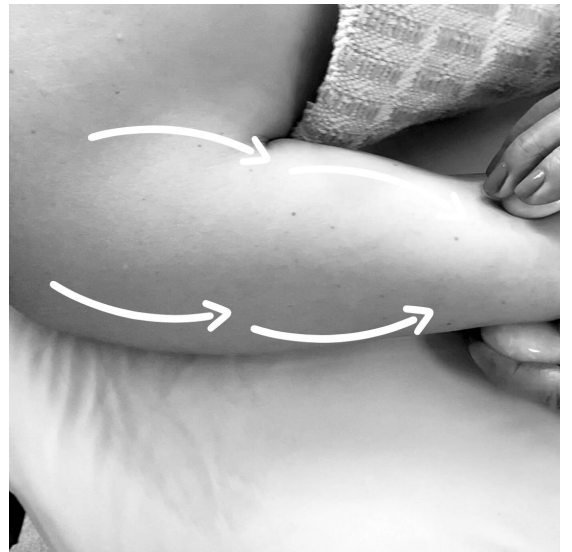
## Arms Face Up

### Suggested Stones to Use:

- Phoenix Wings (see Phoenix page for details)
- Zen Stones
- Palm Stones
- Wands

### Movements:

- Circular
- Drawing
- Press and Release



## Arms to Hands

### Suggested Stones to Use:

- Phoenix Wings (see pg. 17 for details)
- Zen Stones
- Palm Stones
- Wands

Movements of pushing, pulling, circular moves can be used along with gentle hand massage

Use Wands for Reflexology points on the hands

Knead hand(s) as you would in massage before leaving the Palm Stone in the hand

Repeat on the other arm

Wrap the client's fingers around the stone for a solid "energetic" grip

Fold arms up over the body for comfort

See Facial Protocol (pg. 19)

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## Optional Abdominal Massage

### Orange Calcite – Mookaite Jasper

Massage abdominal area clockwise

Use hands to slightly oil the skin

Lay the Orange Calcite stone gently on the naval  
if possible, and if the client is comfortable

Place the Mookaite Jasper Wands in both hands  
and gently draw circle around the naval

Move from right to left and repeat several times  
with very light pressure

Now using the Orange Calcite Stone repeat the  
same movement, moving closer onto the navel  
with each rotation

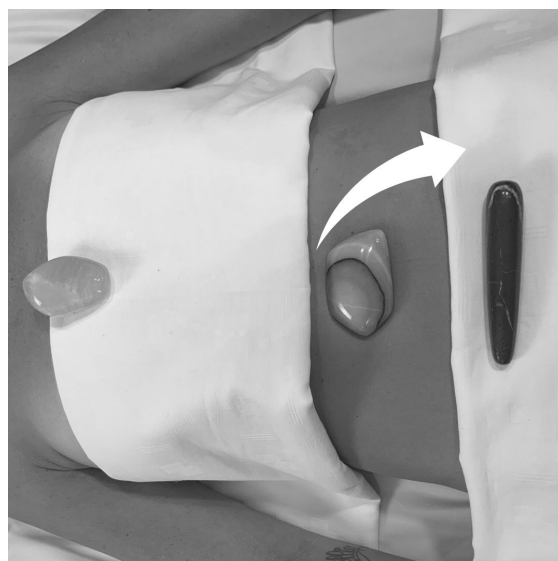
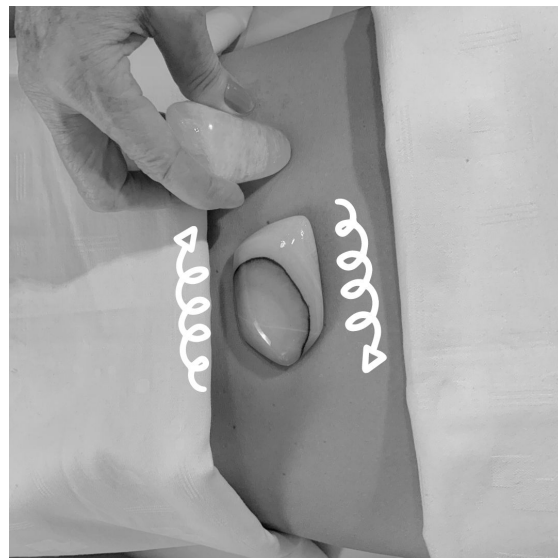
Draw the stone out from the body as if you were  
energetically pulling negativity from the body

Using a little oil, finish with a tummy rub  
using both hands

Be sure to ask permission when doing an  
abdominal massage, as this is a  
sensitive and private area

There is a lot of emotion that can get caught  
energetically in the abdomen

You may see the client release this emotion in  
some physical form or fashion





## Hips and Upper Thighs

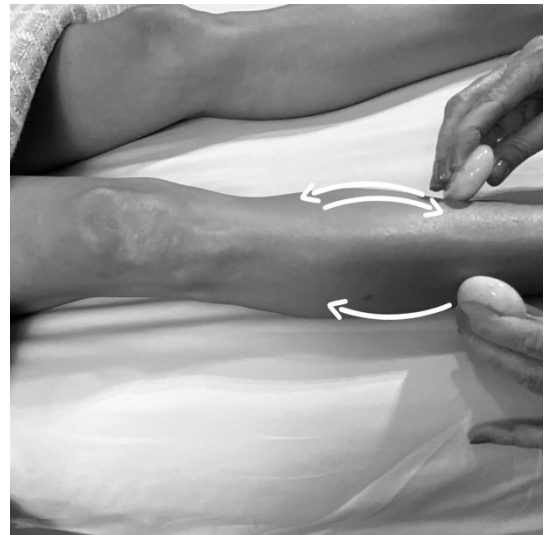
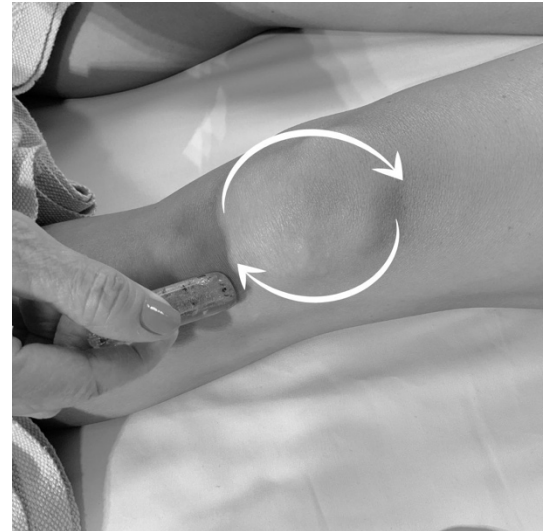
- Use any of the movements you prefer with the stones as you come down the thighs
- Large Zen Stones or Palm Stones are preferred



## Calves To Feet

### Suggested Stones to Use:

- Zen Stones
- Palm Stones
- Wands
- Joya Face and Body Roller



## Finish with Ankles and Feet

- Do not use stones on the ankle
- Move stones around the ankle and finish by massaging the soles of the feet
- Reflexology moves can be used on the feet at either end of the massage, if desired
- Palm Stones are used here just like when you started the massage
- Finish by holding feet with both hands pulling gently and centering the body
- Use Palm Stones on feet if time allows
- Make this a very deliberate move as to conclude the Gemstone Experience
- Clear all stones from the sides of the body or table – remove stones from the client's hands



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