

# Gemstone Treatment Protocol

## Body Massage

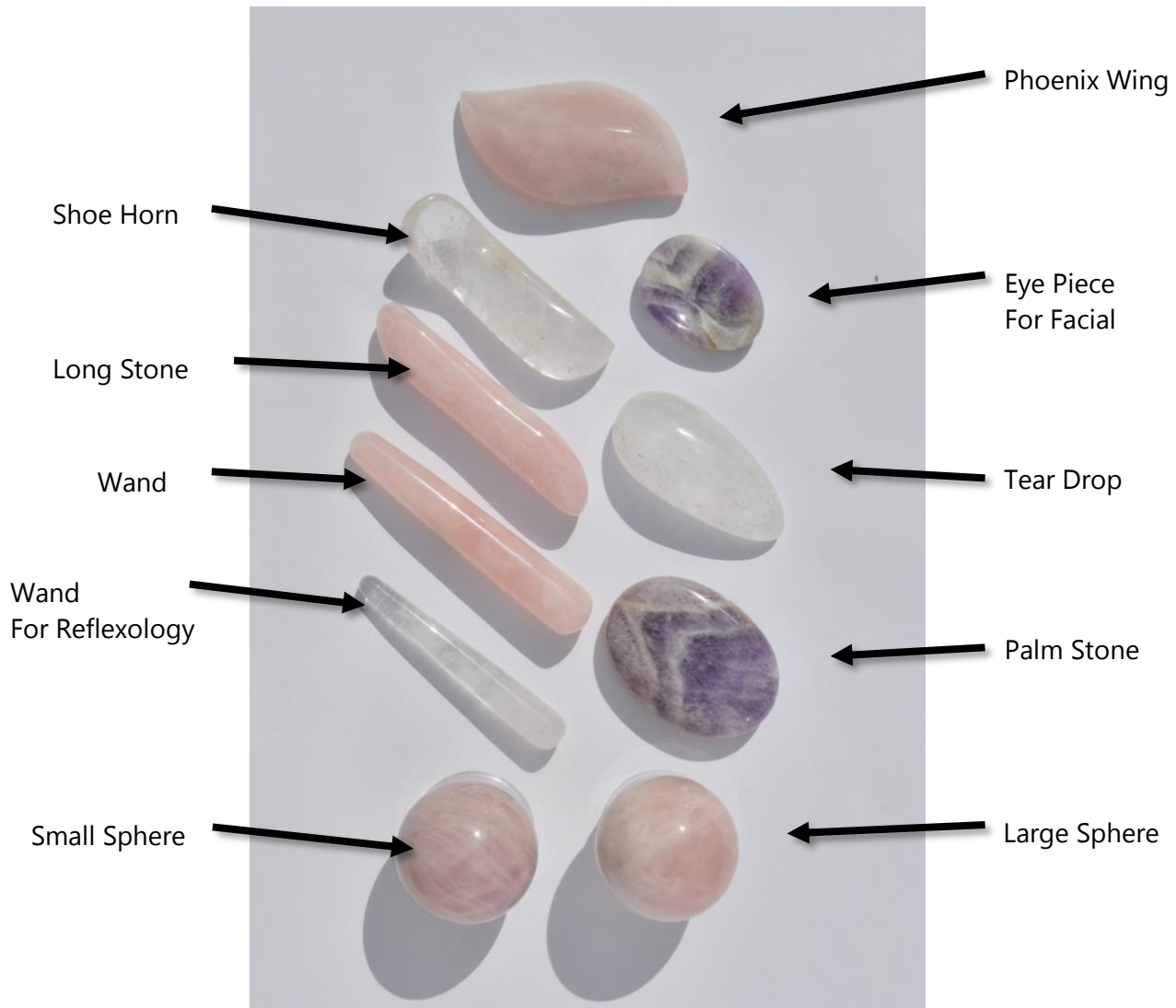
### For Any Gemstone Massage Blend

Gemstones: Three Gemstones are used for most Massages.

Stones & Shapes: Crystal Sphere, Wand, Palm Stone, Phoenix Wing,  
Tear Drop, Long Stone, Shoe Horn, Joya Massage Roller or Pen

Energetic Description: Will vary with each blend you choose.

#### Example of Shapes and Sizes



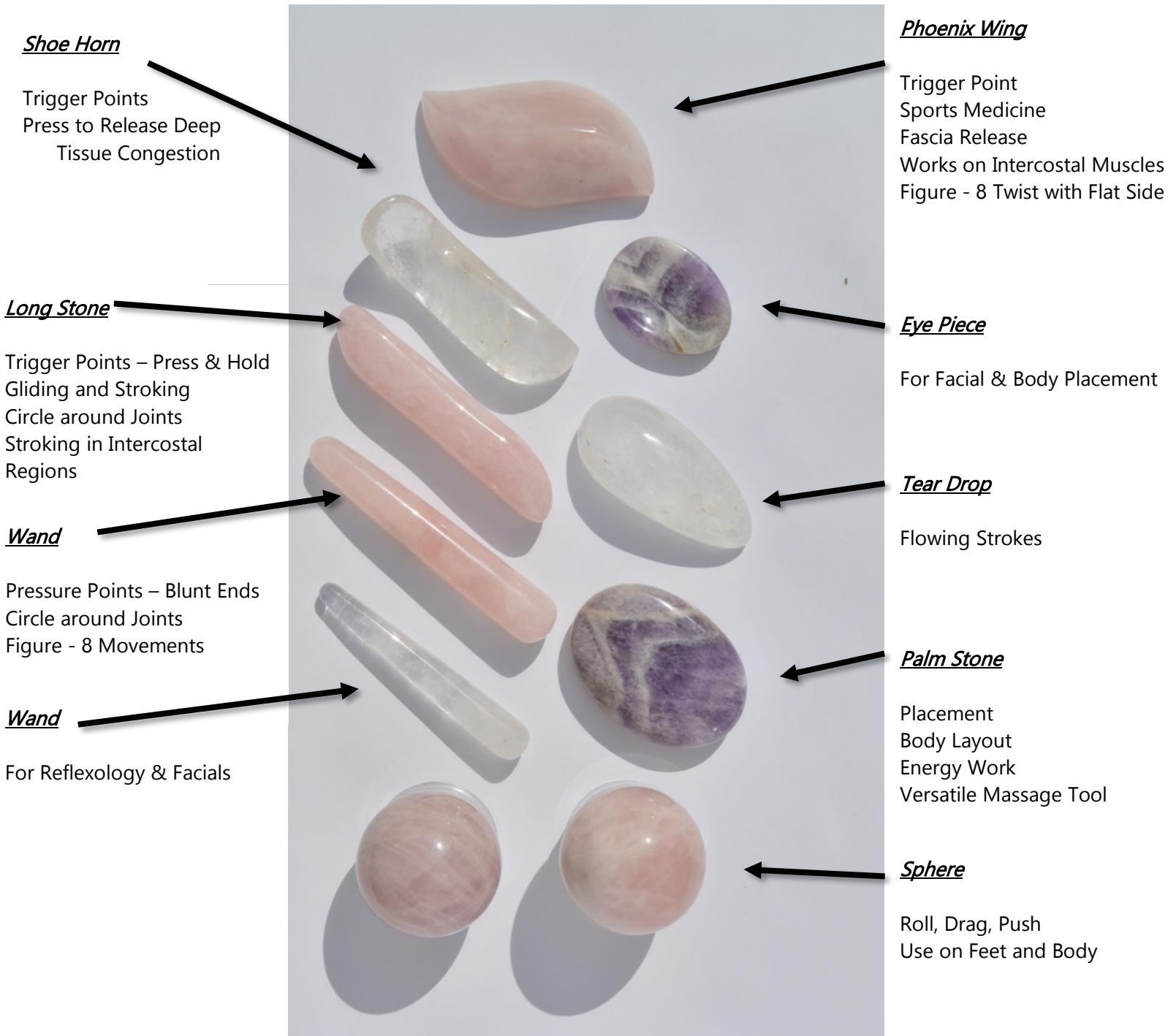
\*Not every type of gemstone is available in every shape and size, however each blend includes all the stones needed to perform the Gemstone Massage.

**The statements in this document have not been evaluated by a medical professional. This protocol is not intended to diagnose, treat, cure or prevent any diseases.**

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## Body Massage – Usage of Specific Stones on the Body

### Example of Stones and their Purpose



### **Joya Massage Roller**

Use on large muscle groups in Body Massage  
Stones are interchangeable

## Gemstone Treatment Protocol

### Reflexology for Hands & Feet

**Gemstone Reflexology** is an alternative medicine of applying pressure to the hands and feet with gemstones, thumb, finger, or hand techniques with or without the use of oil or lotion. Gemstones can also be used for Acupressure.

**Gemstone Shapes Used:** Wands, Palms, Spheres, Phoenix Wing

#### Tips and Technique:

- Use very little heat as the feet are very sensitive areas
- Use the same movements as you would use in a reflexology session  
Use the crystals as an extension to your hands
- You will massage only one foot at a time and the other should be wrapped in a warmed towel
- Press & hold along the sides of the foot, from the toe to the heel
- Circular moves can be made around the back of heel and to circle the ankle
- Drawing strokes can be used from the top of the foot to the toes
- With your HANDS swipe and stroke additional movements along the foot
- A small sphere is used with circular movements on the bottom of the foot
- The Joya Massage tool can also be used



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## Facial

### Technique:

- Use two stones in both hands for each movement
- Distribute a small amount of warm oil or facial cream evenly
- Use blunt end of stone across the forehead
- Use blunt end to move up over scalp and finishing behind the ear
- Roll stone across the center portion of the forehead

\* Many of these movements are similar to those you use during a facial.

### Sample Blend

#### Step One:

Apply wand to acupressure points  
Use on inner corner of the eyebrow with pointed end  
Hold

#### Step Two:

Switch Ends  
Pull blunt end over eyebrow  
Repeat several times

#### Step Three:

Use blunt end to circle on temples very lightly

#### Step Four:

Use circular movements on cheek and jaw area  
Use across the cheek, back and forth with blunt end

#### Step Five:

Roll with the flat of the hand across the cheek



#### Step Six:

Circle movements across lower ridge of jaw, up to the ear, and on the lip area

#### Step Seven:

Roll stones on upper and lower lips simultaneously, using the small pointed end  
Hold – Yin - Yang Balance

#### Step Eight:

Use Blue Chalcedony stones along the side of the neck  
This stimulates lymph flow

#### Step Nine:

Tuning Fork 240Hz used with Smoky Quartz stone to loosen the tension of the muscles in the jaw area

#### Step Ten:

Close facial with crystal on the 3<sup>rd</sup> eye point and eye pieces  
Stroke the entire face with fan- like movements with the hands

## Gemstone Treatment Protocol

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### Technique for Chest, Neck, and Shoulders

1. Use a Palm Stone for upper back and chest on larger framed bodies  
Press and hold to release tension in back
2. Use gemstone wands (warmed), and oil or body lotion, to move in between ribs
3. Place two Palm Stones under shoulder area while performing a facial
4. Be light to the touch; the energies of the stones are at work
5. Moss Agate Palms can be used on chest area for cold, cough, and dissolving congestion
6. Amethyst is good for purifying and cleansing of the skin, adding to face tonics, for tension and headaches
7. Wearing crystals after a gemstone treatment can extend, and deepen the effects of the massage or keep gemstones near you in your office or house
8. Place Mookaite Jasper on stomach organs during any treatment. Leave stone in place and cover the area while performing the facial
9. Turquoise can be used on the throat chakra area. Is used in various ways for healing practice
10. Consider crystal points for directing energy into your specific practice

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## Types of Massage Movements and Technique

Gemstones of certain types are used as extensions to your hands, to relay energy of various physical sensations, as well as for mental relaxation.

### Technique:

- Use the stones as an extension to your hand or palm
- Use the wand as an extension to your finger tips
- AVOID area like top of Spinal Cord, Adam's apple, Facial temple, as you ordinarily would with normal massage technique
- Use stones of the same shape in both hands, for most movements
- Some technique is used with only one hand, as with normal body massage movements
- Grip the gemstones enough as to keep them stable in your hands

### Hand Movements:

- Gliding & Stroking
- Pummeling
- Drawing
- Rolling & Circling Movement
- Figure 8 - Pattern

### Temperature of Stones:

- Warmed oil or body lotion can be ideal to use with most gem stone massage
- Gemstones can be kept warm in towels, or a low setting in a towel warmer  
*FOR A FEW MINUTES ONLY*
- Gemstones will be warmed from the temperature of your hands
- Stones should be cool, or at room temperature, for facial and eye area placement
- Ask massage client frequently about the temperature of the stones

### Positioning Gemstones:

- During massage it is always important to keep one hand on the body, many times both hands
- Stones can be placed in *ROMD Tool Belt* if available
- Keep stones in treatment tray, or mobile work station, in close proximity
- Some stones can be left on the table while using them, or in a Tool Belt

### Cleansing Your Stones:

- Gently rub and wipe excess oil or body lotion from gemstones with a cotton cloth
- Use only natural, organic cleansers
- Stones will feel sticky when clean, and this indicates that absorbed energies have been removed. Store cleaned gemstones in their designated tray
- Place stones on Amethyst Druse to remove any lingering energies, and to recharge
- Sunlight, Moonlight or Open Air is best for storing gemstones when possible