

Gemstone Treatment Protocol

Body Massage

Wellness Blend

Gemstones: Amethyst, Rose Quartz, Clear Quartz (Rock Crystal)

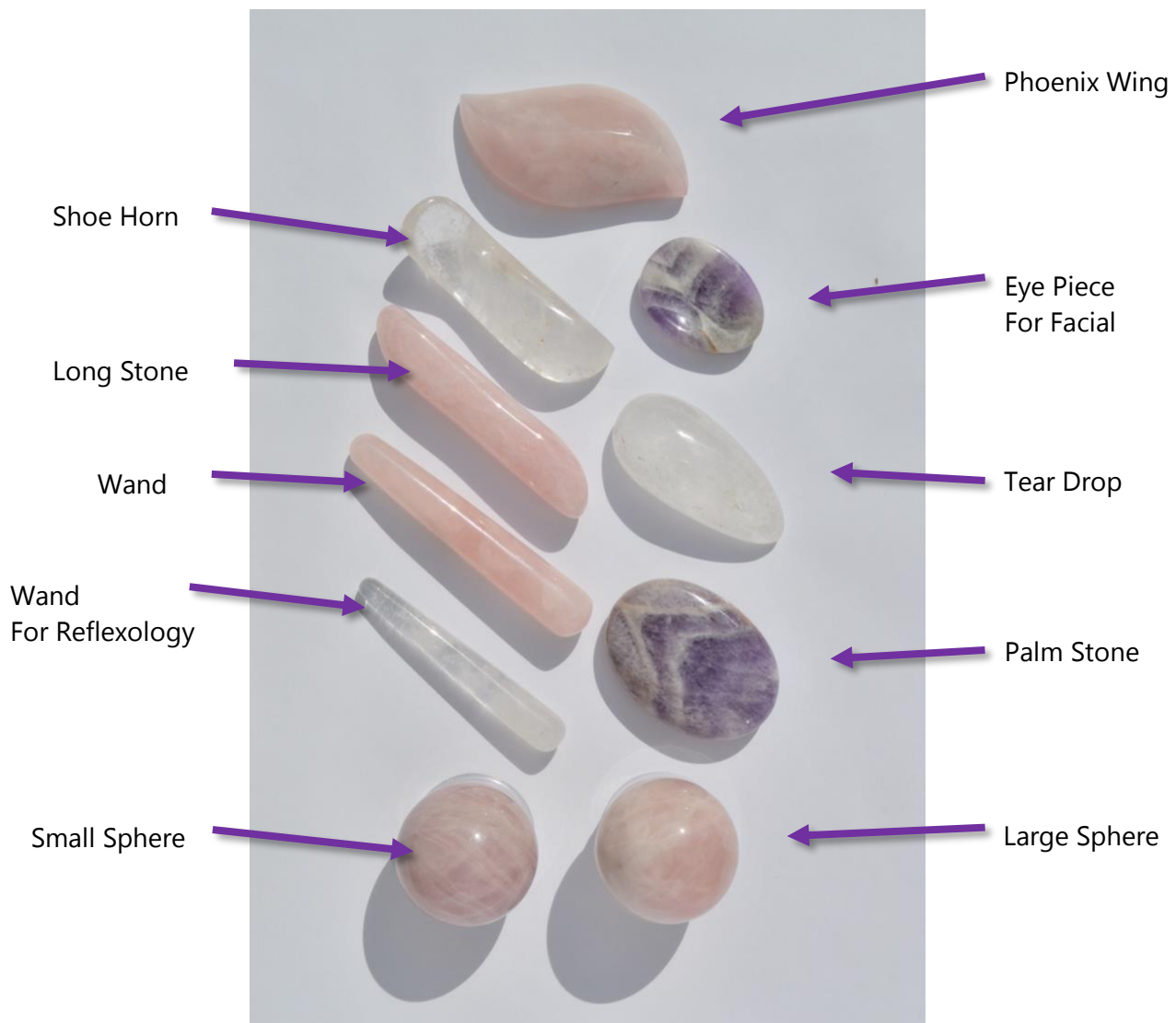
Stones & Shapes: Crystal Sphere, Wand, Palm Stone, Phoenix Wing, Tear Drop, Long Stone, Shoe Horn

Energetic Description: Protection, Divine Connection, Love, Gentleness
Emotional Healing, Amplifies the Energy

Amethyst: Protection, Purification, Release of Addictions

Rose Quartz: Love, Tenderness, Sensuality

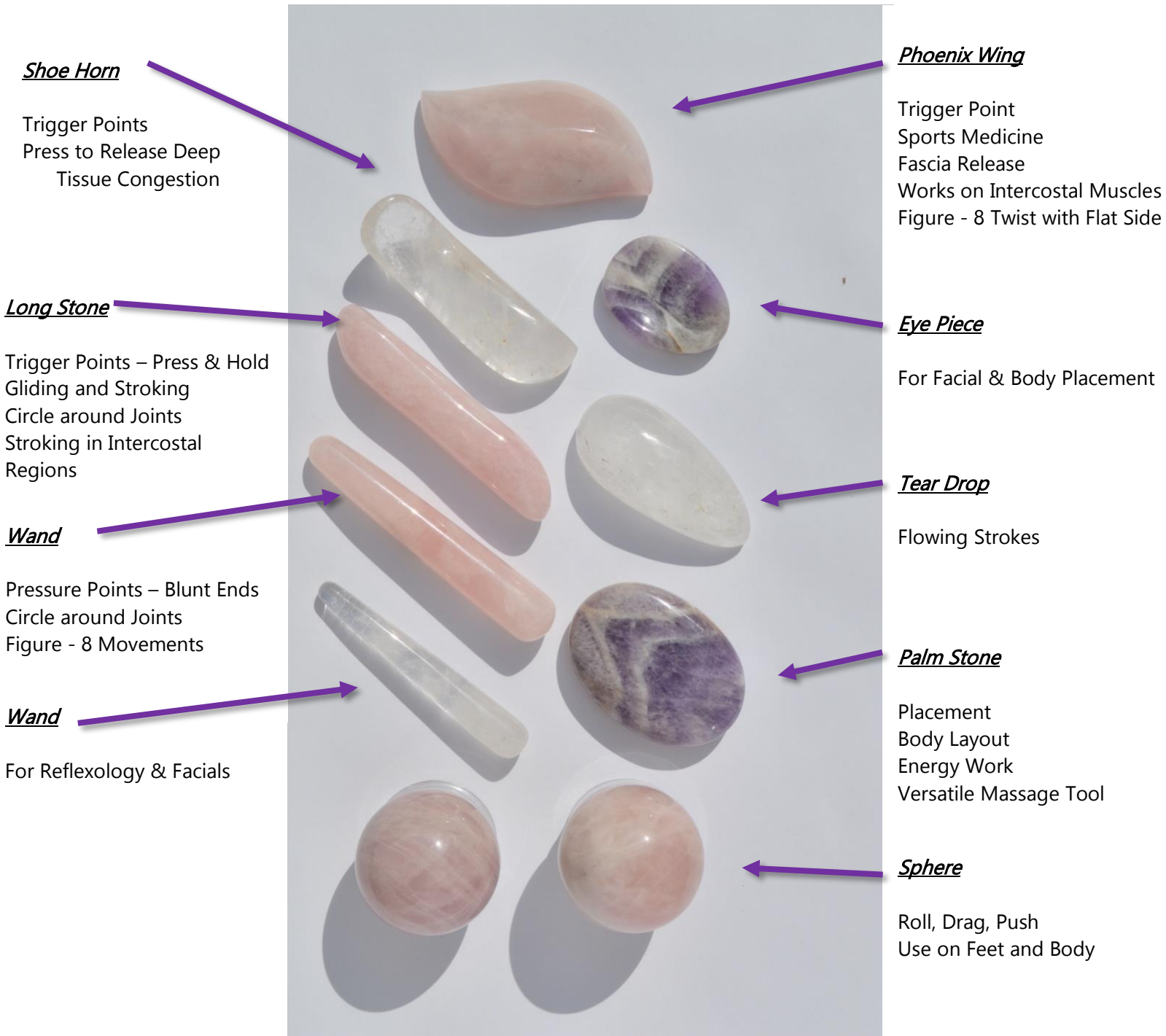
Rock Crystal: Clarity, Perception, Amplifies Energy



*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.

Gemstone Treatment Protocol

Body Massage – Usage of Specific Stones on the Body



Gemstone Treatment Protocol

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 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
- 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
- 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 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
- Keep stones in Amethyst Druse to remove any lingering energies
- Sunlight, Moonlight or Open Air is best for storing gemstones when possible
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Facial

Technique:

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

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

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 3rd eye point and eye pieces
Stroke the entire face with fan- like movements with the hands

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Additional 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, to move in between ribs
3. You do not need to press too hard, the energies of the stones are at work
4. Finish with normal hand movements – Mookaite and Moss Agate are also good for this area
5. Amethyst is good for headaches associated with the muscle area, rosacea and poor skin
6. Wearing crystals after a gemstone treatment can extend, and deepen the effects of the massage

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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.

Gemstone Shapes Used: Wands, Palms, Spheres

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
- The sphere is used with circular movements on the bottom of the foot
- End with hand massage movements along the foot

