

Tips for Therapist Using Gemstone Massage

1. Wear the *Gemstone Tool Belt* (if available)
2. Place stones in warm cotton cloth/towel
3. Place stones next to the body, on the table, in warm dry cloths
4. Do not leave stones more than a couple minutes in a towel warmer – they will crack
5. Use enough oil or body cream to get the necessary stone glide
6. Body lotion, cream or oil can be mixed or used alone with the stones
7. Use a firm grip on the stones or with the Joya Roller
8. Use stones mindfully; stone can flip, fall, and crack – use firm grip when holding them
9. Use stones as an extension to your hand – energy flows from the hand to the stones to the body
10. Cleaning: Clean stones with organic soaps, rinse stones under running water until they feel slightly sticky, use a strainer in the sink to keep your stones from dropping.
Lay flat to dry on a towel

Continue to learn new techniques with your favorite stones and have fun – Cindy Keske

These tips have not been evaluated by a medical professional. This is not intended to diagnose, treat, cure or prevent any diseases.