

Tips for Warming the Stones

1. Your body heat and hands will slowly warm the stones naturally
2. Try rolling your stones in warm towels and setting them near the massage table
3. Tuck warm stones close to the body to keep them at the right temperature
4. Use the Pure Enrichment *Pure Relief Deluxe Heating Pad* (Amazon) to keep your stones warm
5. Some stones retain heat more than others – try a variety of methods to see what works best for you

Suggested Ways to Heat Your Oil and/or Stones for the Gemstone Massage

- Universal Company carries Spa Pro Quart Stone Heater
- Rock On Minerals and Design Table Top Metal Oil Burner (this product has a flame)
One stand, flame heated burner available
- Cozy Eco Warm Professional Herbal Packs are available from Universal Company
- Spa Stone Heaters are available from Universal
- Towel Steamer – Be **VERY** careful about leaving stones in towel steamer for longer than a couple minutes

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