

STONE MANICURE

BEGIN THE STONE MANICURE by retrieving (2) two medium palm stones from the heating unit making certain the stones are at a comfortable temperature. Now place them on the manicure table and instruct the client to place their hand over each stone.

Now follow your normal manicure procedure.

Prior to polishing the nails, ask your client to take a deep breath.

Step 1.

Begin with the arm. Spread lubricant over the forearm and massage using effleurage strokes. Retrieve (2) two small palm stones from the heating unit. Place and hold one stone against the posterior side of the wrist joint. Using the other stone placed in the center of your palm, begin to massage the anterior side of the forearm using effleurage strokes. Turn the stone on its side and glide the stone up the middle of the forearm from the wrist to the elbow with firm steady pressure. Repeat these movements on the posterior side of the forearm.

Step 2.

Retrieve a small stone and place it in the palm of the client's hand and hold for 1 minute, turn the stone on its side and massage entire area with circular strokes.

Step 3.

Next place cozy stones between each finger and apply slight pressure. Wrap hand in a towel or in a warm mitt.

Step 4.

Repeat all procedures on opposite arm and hand. If you are incorporating reflexology or paraffin into your treatment, this would be your next step. Allow the stones to become an extension of your hands.

Step 5.

Now follow your normal polishing procedures.

You can also customize your treatments:

Example: while giving the Stone Manicure you can place a warm stone under client's feet. Remember to avoid bony prominences and never apply stones that are too warm or large stones for pedicures and manicures should never exceed (3) three inches. Also remember the extreme importance that the stones you use are conducive to this Therapy.

Not just any stone will do, not only because of the heat retention factor (not too warm) but also that they come from areas of unpolluted vastness. Safety is the primary factor. We must use caution not to burn or injur any client.

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What is a hot stone massage

This relaxing technique is not a modern invention; rather it has been "rediscovered". Its origins lie in the Far East, almost five thousand years ago and although its progress down the ages is difficult to track, it was certainly being practiced in the baths of the ancient Rome.

Special stones are heated and applied to the body to promote deep-tissue healing and relaxation. The warmth loosens stiff muscles, which makes it a great way to unwind after exercise and poor circulation will benefit from an increased blood flow round the body. The combination of the heat and light massage strokes will clear toxins and stimulate the metabolism, unblocking the body's natural channels of energy, which in turn relieves stress and premenstrual tension.

Precautions

The first thing to bear in mind is the temperature of the stone. Even if it is cool enough to hold, which is more delicate and sensitive than the thicker skin of the palm. Explain that the subject should not be afraid to complain of the slightest discomfort.

Some therapists prefer to drape the back with a towel. If you do so the stone can be slightly hotter but make sure that you can use it with confidence.

Never be tempted to use any stone you find, no matter how smooth the surface. If it is porous it will not only scratch the skin but absorb oil as well, making it difficult to clean. Basalt stones make ideal massage tools. Their smoothness is unsurpassed and they retain heat well because they were formed as molten lava cooled.

Hot stone massage should not be performed on pregnant and small children not those with anorexia, varicose veins, open wounds, arrhythmia, chronic high blood pressure, liver or kidney disorders, heart problems, epilepsy, organ transplants, pacemakers, diabetes, osteoporosis, chronic muscle fatigue, migraines, acute fever, and multiple sclerosis.

Getting ready

Each time you use the stones, they should be cleaned with disinfectant.

Put one stone to the side and the others in cold water and heat them for a half an hour on a low temperature, with the lid off. The stones should never exceed 50 degrees C or 120 degrees F.

While the stones are heating, you should attend to preparation of the room. Take the same steps as normal aromatherapy massage, i.e. dim any bright lights, (if preferred, use candles), exclude draughts, take the phone off the hook, etc.

Make sure the subject is comfortable and warm.

Do not put your hands into the water to retrieve the stones. Tip the pan and pour the water away or use tongs.

Getting down to it

LEGS

For this technique you should start at the feet and work your way up the legs, along the back, up the arms and out through the finger tips.

If you decide to use towels, drape the back and one leg, leaving the other free.

Working with just one leg at a time, place one stone in the middle of the upper leg, one in the middle of the hamstrings, one behind the knee and another on the calf muscle.

Take some oil and massage the other leg with light effleurage strokes. Use a stone to massage upwards. Think of it as an extension of your hand. Feel your good intentions

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