

ITEC Level 3

Unit 826 - Apply Stone Therapy Massage

Recommended Minimum Guided Learning Hours – 75

Learning outcome

The Learner will:

1. Be able to prepare for Stone Therapy Massage

Assessment Criteria

Taught Content

- 1.1 Prepare themselves, client and work area for Stone Therapy Massage

1.1.1 To include:

- Preparation of working area • Equipment • Products • Work wear • Personal appearance and behaviour • Hygiene e.g. sterilizing /sanitising tools and equipment • Client for treatment
- Client care and modesty

- 1.2 Use suitable consultation techniques to identify treatment objectives

1.2.1 To include: An example of a consultation form can be downloaded from:

www.itecworld.co.uk

- Suitable area • Positive body language • Positioning of the client • Communication skills
- Professionalism • Contraindications and contra-actions • Treatment plan • Products used
- Consent • Confidentiality • Client's signature

- 1.3 Carry out body analysis and relevant tests

1.3.1 To include:

- Height • Weight • Body measurements • Posture check • Muscle tone test • Body fat
- Fluid retention • Body mass index (BMI) • Tactile test • Thermal test

- 1.4 Provide clear recommendations to the client

1.4.1 To include:

Taking into account the following:

- The outcome of the body analysis • Diet • Smoking • Alcohol • Central heating • Air conditioning • Stress • Sleep • Exercise • Fresh air • Occupation • Lifestyle • Current regime

<p>1.5 Select products, tools and equipment to suit client treatment needs</p>	<p>1.5.1 To include:</p> <ul style="list-style-type: none"> • Couch or chair • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid • Tissues • Cotton wool • Spatulas • Bowls • Sterilising solution • UV cabinet • Autoclave • Chemical immersion equipment • Waste disposal • Professional stone heater • Cooling system • Heat stable massage medium/lotion • Bowl of cold water • Cleansing products • Stones – semi precious, hot and cold (in full range of sizes) • Insulated gloves • Thermometer • Wooden spoon/spatula • Energised hot, cold and semi-precious stones (pre-checked for cracks, chips and crevices) • Heat stable products
<p>1.6 Describe salon requirements for preparing themselves, the client and work area</p>	<p>1.6.1 To include:</p> <ul style="list-style-type: none"> • Any particular rights, restrictions and Acts applicable to stone therapy massage treatment • Code of practice/ethics • Insurance and professional association membership • Record keeping • Professional appearance
<p>1.7 Describe the environmental conditions suitable for Stone Therapy Massage</p>	<p>1.7.1 To include:</p> <ul style="list-style-type: none"> • Lighting • Heating • Ventilation • Noise levels • Available space • Music • General hygiene • Waste disposal • Décor • Equipment • Privacy • Reception areas • General use/treatment areas
<p>1.8 Describe the different consultation techniques used to identify treatment objectives</p>	<p>1.8.1 To include:</p> <ul style="list-style-type: none"> • Positive body language • Positioning of the client (no barriers between themselves and client) • Good communication skills (asking open and/or closed questions where appropriate) • Verbal and non-verbal communication
<p>1.9 Explain the importance of carrying out a detailed body analysis and relevant tests</p>	<p>1.9.1 To include:</p> <ul style="list-style-type: none"> • Identifying client's body type and needs • Thermal test • Tactile test • Contraindications • Scope of treatment(s) • Aftercare advice • Home care advice
<p>1.10 Describe how to select products, tools and equipment to suit client treatment needs</p>	<p>1.10.1 To include:</p> <ul style="list-style-type: none"> • Couch or chair • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid • Tissues • Cotton wool • Spatulas • Bowls • Sterilising solution • UV cabinet • Autoclave • Chemical immersion equipment • Waste disposal • Professional stone heater • Cooling system • Heat

<p>1.11 Explain the contraindications that prevent or restrict Stone Therapy Massage</p>	<p>stable massage medium/lotion • Bowl of cold water • Cleansing products • Stones – semi precious, hot and cold (in full range of sizes) • Insulated gloves • Thermometer • Wooden spoon/spatula • Energised hot, cold and semi-precious stones (pre-checked for cracks, chips and crevices) • Heat stable products</p> <p>1.11.1 To include:</p> <ul style="list-style-type: none"> • With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained the client must sign an informed consent stating that the treatment and its effects has been fully explained to them and confirm that they are willing to proceed without permission from their G.P. or specialist • Pregnancy • Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Haemophilia • Any condition already being treated by a GP or another practitioner • Medical oedema • Osteoporosis • Arthritis • Nervous/Psychotic conditions • Epilepsy • Recent operations • Diabetes • Asthma • Any dysfunction of the nervous system (e.g. Muscular sclerosis, Parkinson’s disease, Motor Neurone disease) • Bell’s Palsy • Trapped/Pinched nerve (e.g. sciatica) • Inflamed nerve • Cancer • Postural deformities • Spastic conditions • Kidney infections • Whiplash • Slipped disc • Undiagnosed pain • When taking prescribed medication • Acute rheumatism • Loss of skin sensitivity • Clinical obesity • Contraindications that restrict treatment • Fever • Contagious or infectious diseases • Under the influence of recreational drugs or alcohol • Diarrhoea and vomiting • Skin diseases • Undiagnosed lumps and bumps • Localised swelling • Inflammation • Varicose veins • Pregnancy (abdomen) • Cuts • Bruises • Abrasions • Scar tissue (2 years for major operation and 6 months for a small scar) • Sunburn • Hormonal implants • Abdomen (first few days of menstruation depending how the client feels) • Haematoma • Hernia • Recent fractures (minimum 3 months) • Cervical spondylitis • Gastric ulcers • After a heavy meal • Conditions affecting the neck • Areas of skin aggravated by heat
<p>1.12 Describe the types of stones, their properties and uses</p>	<p>1.12.1 To include:</p> <ul style="list-style-type: none"> • Basalt • Marine • Marble • Semi-precious

<p>1.13 Describe the historical and cultural background for Stone Therapy Massage</p> <p>1.14 Describe how stones should be stored</p>	<p>1.12.2 To include:</p> <ul style="list-style-type: none"> • Hardness/density (Moh's scale) • Structure • Formation • Physiological and psychological effects • Sizes • Ability to retain heat/cold • Ways of re-energising <p>1.12.3 Uses to include:</p> <ul style="list-style-type: none"> • In combination, alternately and/or isolation • In conjunction with other treatments eg. facial, manicure • Stone placement above and below the body • Significance to the seven major chakras <p>1.13.1 To include:</p> <ul style="list-style-type: none"> • Origination • Native American traditions • Mary Nelson • Principles of Kneipp therapy • Principle of geothermotherapy • Holistic approach • Concept and effects of working with Energy and it's influence on the aura, the chakras, spiritual, emotional and physical health • Concept of the five elements and their link to stone therapy treatment • Water • Wood • Fire • Earth • Air/Metal • Principles and characteristics of the seven major chakras and their significance in the development of and to the stone therapy treatment <p>1.14.1 To include:</p> <ul style="list-style-type: none"> • Basalt • Marine • Marble • Semi-precious • Methods appropriate to disinfecting and sanitising the stones and positioning in a condition suitable for preparation of future treatments • Being left dry overnight using appropriate methods to re-energise the types of stones (sun, moon, the elements, natural sea salt, sage, energy, mandalas, labradorite)
<p>Learning outcome The Learner will:</p> <p>2. Be able to carry out Stone Therapy Massage</p>	
<p>Assessment Criteria</p>	<p>Taught Content</p>

<p>2.1 Communicate and behave in a professional manner</p>	<p>2.1.1 To include:</p> <ul style="list-style-type: none"> • Checking consultations and contraindications • Explaining the treatment to the client • Benefits, limitations and co-operation required • Helping the client onto the couch prior to and off the couch after the treatment • Positioning the client correctly • Sanitising client's hands/feet as appropriate • Sanitising own hands as appropriate throughout treatment • Protecting the client's modesty at all times • Ensuring that all parts of the client are covered except the area being treated • Ensuring that the client is comfortable • Using appropriate covered supports • Adapt the stone therapy massage treatments to suit the needs of the client • Ensuring client does not stand on floor with bare feet • Client care • Communication • Correct posture, hygiene and a professional approach to the client throughout treatment
<p>2.2 Follow health and safety working practices</p>	<p>2.2.1 To include:</p> <ul style="list-style-type: none"> • Fire Precautions Act • Health & Safety at Work Act • Health and Safety (First Aid) Regulations • The Management of Health & Safety at Work Regulations • The Workplace (Health, Safety & Welfare) Regulations • The Manual Handling Operations Regulations • The Personal Protective Equipment at Work Regulations • The Provision and Use of Work Equipment Regulations • The Control of Substances Hazardous to Health Regulations (COSHH) • The Electricity at Work Regulations • Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR) • Disability Discrimination Act • Data Protection Act • Adhere to all safety precautions and manufacturers instructions
<p>2.3 Position themselves and client correctly throughout the treatment</p>	<p>2.3.1 To include:</p> <ul style="list-style-type: none"> • Positioning of the client • Client comfort • Application of the treatments • Stone massage therapist self-care
<p>2.4 Use products, tools, equipment and techniques to suit clients treatment needs</p>	<p>2.4.1 To include:</p> <ul style="list-style-type: none"> • Couch or chair • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid • Tissues • Cotton wool • Spatulas • Bowls • Sterilising solution • UV cabinet • Autoclave • Chemical immersion equipment • Waste disposal • Professional stone heater • Cooling system • Heat stable massage medium/lotion • Bowl of cold water • Cleansing products • Stones – semi precious, hot and cold (in full range of sizes) • Insulated gloves • Thermometer • Wooden

<p>2.5 Complete the treatment to the satisfaction of the client</p> <p>2.6 Evaluate the results of the treatment</p> <p>2.7 Provide suitable aftercare advice</p> <p>2.8 Explain how to communicate and behave in a professional manner</p> <p>2.9 Describe health and safety working practices</p>	<p>spoon/spatula • Energised hot, cold and semi-precious stones (pre-checked for cracks, chips and crevices) • Heat stable products</p> <p>2.4.2 To include:</p> <ul style="list-style-type: none"> • Effleurage • Petrissage • Friction • Tapping • Tucking • Placement • Trigger point work • Homeostasis • Physical and spiritual effects • Benefits for the therapist • Rotation of stones • Use of hot only • Use of cold only • Use of alternate hot and cold stones • In combination of stone types and sizes • Temperature management • Time management • Safe handling and avoiding excessive noise <p>2.5.1 To include:</p> <ul style="list-style-type: none"> • Conclusion of treatment in appropriate manner to meet client's needs <p>2.6.1 To include:</p> <ul style="list-style-type: none"> • Reviewing and recording treatment outcomes • Treatment recommendations • Homecare advice <p>2.7.1 To include:</p> <ul style="list-style-type: none"> • Recommendations for immediate aftercare • Suitable body care regime • Lifestyle • Use of SPF • Recommendation of further salon treatments <p>2.8.1 To include:</p> <ul style="list-style-type: none"> • Consultation • Treatment explanation • Client care • Hygiene • Good communication skills <p>2.9.1 To include:</p> <ul style="list-style-type: none"> • Fire Precautions Act • Health & Safety at Work Act • Health and Safety (First Aid) Regulations • The Management of Health & Safety at Work Regulations • The Workplace (Health, Safety & Welfare) Regulations • The Manual Handling Operations Regulations • The Personal Protective Equipment at Work Regulations • The Provision and Use of Work Equipment Regulations • The Control of Substances Hazardous to Health Regulations (COSHH) • The Electricity at Work Regulations • Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR) • Disability Discrimination Act • Data Protection Act • Adhere to all safety precautions and manufacturers instructions
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<p>2.10 Explain the importance of positioning themselves and the client correctly throughout the treatment</p>	<p>2.10.1 To include:</p> <ul style="list-style-type: none"> • Ensuring the client is comfortable and correctly supported • Applying the treatments as appropriate to the client's needs • Therapist maintaining correct posture/stance throughout treatment
<p>2.11 Explain the importance of using products, tools, equipment and techniques to suit clients treatment needs</p>	<p>2.11.1 To include:</p> <ul style="list-style-type: none"> • Couch or chair • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid • Tissues • Cotton wool • Spatulas • Bowls • Sterilising solution • UV cabinet • Autoclave • Chemical immersion equipment • Waste disposal <p>Products and equipment applicable for the following: Stone Therapy Massage</p> <p>2.11.2 To include:</p> <ul style="list-style-type: none"> • Effleurage • Petrissage • Friction • Tapping • Tucking • Placement • Trigger point work • Rotation of stones • Use of hot only • Use of cold only • Use of alternate hot and cold stones • In combination of stone types and sizes • Temperature management • Time management • Safe handling and avoiding excessive noise
<p>2.12 Describe how treatments can be adapted to suit client treatment needs</p>	<p>2.12.1 To include:</p> <ul style="list-style-type: none"> • Restrictions • Client preferences and commitment • Product availability • Time scales • Costs • Vary the size of stone used in relation to the treatment area and client's physical characteristics
<p>2.13 State the contra-actions that may occur during and following treatments and how to respond</p>	<p>2.13.1 To include:</p> <ul style="list-style-type: none"> • Explaining any possible side effects to the treatment • Feeling tired • Increased micturition • Increased defecation • Healing crisis • Headache • Thirst • Heightened emotions • Skin reactions • Increase in symptoms • Referral procedures
<p>2.14 Explain the importance of completing the treatment to the satisfaction of the client</p>	<p>2.14.1 To include:</p> <ul style="list-style-type: none"> • Concluding the treatment in appropriate manner to meet client's needs • Concluding the stone therapy massage treatment in an appropriate and safe manor to meet the clients needs • Ongoing treatments
<p>2.15 Explain the importance of completing treatment records</p>	<p>2.15.1 To include:</p> <ul style="list-style-type: none"> ▪ Maintaining records ▪ Aftercare ▪ Home care ▪ Product advice ▪ Compliance with Data Protection

<p>2.16 Describe the methods of evaluating the effectiveness of the treatment</p>	<p>2.16.1 To include:</p> <ul style="list-style-type: none"> • Maintaining records for accurate future treatment • Aftercare • Home care • Product advice • Compliance with current legislation • Concluding the treatment in the correct manner to meet client's requirements • The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains clean and tidy throughout
<p>2.17 Describe the aftercare advice that should be provided</p>	<p>2.17.1 To include:</p> <ul style="list-style-type: none"> • Based upon consultation, body analysis and relevant test recommendations for ongoing or further treatments, home and aftercare advice • Healthy eating • Fluid/water intake • Exercise • Smoking habits • Hobbies • Interests • Rest • Relaxation • Stress levels • Sleep • General care and lifestyle advice and the beneficial effects thereof
<p>2.18 Describe the structure, function, position and action of the muscles of the body</p>	<p>2.18.1 To include</p> <ul style="list-style-type: none"> • Voluntary • Involuntary • Cardiac • Ligament • Tendon • Fascia • Origin • Insertion • Action • Tone • Tension • Fatigue • Flexion • Extension • Abduction • Adduction • Rotation • Supination • Pronation • Dorsiflexion • Plantarflexion • Eversion • Inversion • Circumduction ♦ Trunk/torso • Trapezius • Sternocleido mastoid • Erector Spinae • Splenius Capitis • Latissimus Dorsi • Serratus Anterior • Gluteus Maximus • Gluteus Medius • Gluteus Minimus • Psoas • Pectoralis Major and Minor • Rectus Abdominus • Internal Oblique • External Oblique • Transversus Abdominus • Rhomboid Major and Minor • Infraspinalis • Supraspinalis • Teres Major • Teres Minor • Iliacus • Subscapularis • Quadratus Lumborum ♦ Arm • Deltoid • Biceps • Triceps • Brachialis • Coraco Brachialis • Brachioradialis • Pronator Teres • Supinator Radii Brevis • Flexor Carpi Radialis • Extensor Carpi Radialis • Extensor Carpi Ulnaris • Flexor Carpi Ulnaris • Flexor Carpi Digitorum • Extensor Carpi Digitorum • Muscles of Thenar eminence • Muscles of Hypothenar eminence ♦ Leg/Thigh • Quadriceps: Rectus Femoris • Vastus Lateralis • Vastus Medialis • Vastus Intermedius

<p>2.19 Describe the location, function and structure of the bones of the body</p>	<ul style="list-style-type: none"> • Hamstrings: Biceps Femoris • Semimembranosus • Semitendinosus • Adductor Longus • Adductor Magnus • Adductor Brevis • Gracilis • Sartorius • Piriformis • Gluteus Maximus • Gluteus Medius • Gluteus Minimus ◆ Lower Leg • Gastrocnemius • Tibialis Anterior • Peroneus Longus • Flexor Digitorum Longus • Extensor Digitorum Longus • Soleus • Extensor Hallucis Longus ◆ Face, neck and scalp • Orbicularis Oculi • Orbicularis Oris • Masseter • Buccinator • Levator Anguli Oris • Levator Labii Superioris • Depressor Anguli Oris • Depressor Labii Inferioris • Depressor Labii Oris • Mentalis • Zygomaticus • Temporalis • Nasalis • Procerous • Corrugator • Frontalis • Occipitalis • Pterygoids • Triangularis • Trapezius • Platysma <p>2.19.1 To include:</p> <ul style="list-style-type: none"> • Support framework • Provides attachments for muscles • Forms joints to provide movement • Forms erythrocytes in the bone marrow • Stores calcium • Protection • Long • Short • Flat • Irregular • Sesamoid • Fixed • Slightly moveable • Freely moveable • Ball and Socket • Hinge • Pivot • Gliding • Saddle • Cranium • Parietal • Frontal • Ethmoid • Sphenoid • Occipital • Temporal Facial • Nasal • Zygomatic • Maxilla • Lacrimal • Turbinator • Palatine • Mandible • Vomer • Hyoid • Vertebrae • Cervical • Thoracic • Lumbar • Sacrum • Coccyx • Shoulder Girdle • Scapula • Clavicle • Thoracic Cage • Ribs • Sternum • Pelvic Girdle • Innominate bones: Ischium • Ilium • Pubis • Upper Limb • Humerus • Ulna • Radius • Carpals: Scaphoid • Lunate • Triquetrum • Pisiform • Trapezium • Trapezoid • Capitate • Hamate • Metacarpals • Phalanges • Lower Limb • Femur • Tibia • Fibula • Patella • Tarsals: Talus • Calcaneus • Navicular • Cuneiforms (Medial, Intermediate, Lateral), Cuboid • Metatarsals • Phalanges
<p>2.20 Describe the structure and function of the circulatory and lymphatic systems for the body</p>	<p>2.20.1 To include:</p> <ul style="list-style-type: none"> ◆ Cardio-vascular • Erythrocytes • Leucocytes • Thrombocytes • Plasma and plasma proteins • Platelets • Arteries • Arterioles • Veins • Venules • Capillaries • Superior Vena Cava • Aortic Arch • Inferior Vena Cava • Aorta • Right Atrium • Right ventricle • Left atrium

<p>2.21 Describe the physical and psychological effects of hot and cold stone therapy</p>	<ul style="list-style-type: none"> • Left ventricle • Septum • Pulmonary valve • Pulmonary artery • Pulmonary veins • Mitral (bicuspid) valve • Tricuspid valve • Endocardium • Myocardium • Pericardium • Blood pressure and pulse <p>2.21.1 Physical effects of hot stones to include:</p> <ul style="list-style-type: none"> • Stimulation of circulatory, lymphatic, respiratory and nervous systems • Stimulation of elimination processes • Increased micro circulation stimulating the metabolic rate • Relaxed and improved muscle tone with reduction in tension • Increased flexibility and joint mobility <p>2.21.2 Physical effects of cold stones to include:</p> <ul style="list-style-type: none"> • Vasoconstriction and reduction of microcirculation to cool and soothe • Reduction of sensitivity • Reduction in production of histamine • Decongesting • Pain reducing • Tightening and firming effect on skin <p>2.21.3 Psychological effects to include:</p> <ul style="list-style-type: none"> • Relaxing and calming • Uplifting and emotionally re-balancing • Elimination of negativity and increased general well-being • Re-energising <p>2.21.4. Effects on the following systems:</p> <ul style="list-style-type: none"> • Circulatory • Lymphatic • Nervous • Skin • Muscular • Skeletal • Endocrine • Respiratory
<p>Unit 826 – Apply Stone Therapy Massage Practical Assessment All candidates will be examined via a practical examination of their technical skills and treatments techniques</p> <p>Treatment evidence Evidence of 4 Treatments to include: Consultation including medical history Treatment details After/Homecare advice Candidates and Client signature Treatment date</p>	<p>Unit 826 – Apply Stone Therapy Massage Practical assessment forms and marking criteria may be downloaded from www.itecworld.co.uk</p> <p>Unit 826 – Apply Stone Therapy Massage must be evidenced through the use of signed and dated treatment evidence forms. See www.itecworld.co.uk for sample form</p>