

*Multiple Choice Sample Questions*  
*ITEC Unit 826 – Stone Therapy Massage*

<b>1</b>	<b>Which chakra is the colour yellow related to?</b>	1
A	Root	<input type="checkbox"/>
B	Sacral	
C	Solar plexus	<input type="checkbox"/>
D	Throat	
<b>2</b>	<b>Which of the following chakras is positioned in a vertical direction to the body?</b>	2
A	Crown	<input type="checkbox"/>
B	Throat	
C	Heart	<input type="checkbox"/>
D	Sacral	
<b>3</b>	<b>Which of the following stone massage movements results in heat conduction?</b>	3
A	Effleurage	<input type="checkbox"/>
B	Frictions	
C	Holding	<input type="checkbox"/>
D	Vibrations	
<b>4</b>	<b>Why are basalt stones used for stone massage?</b>	4
A	Because each stone is carefully chiselled and hand crafted	<input type="checkbox"/>
B	Because of their ability to retain cold	
C	Because of their ability to retain heat	<input type="checkbox"/>
D	Because the abrasive surface will aid desquamation	
<b>5</b>	<b>Which of the following statements is correct in relation to the drinking of water after a stone therapy massage treatment?</b>	5
A	It may induce a high temperature	<input type="checkbox"/>
B	It may help to relieve constipation	
C	It may initially increase general sluggishness of the body systems	<input type="checkbox"/>
D	It may discourage the liver and kidneys for filtration and the removal of noxious substances	