

Multiple Choice Sample Questions
ITEC Unit 826 – Stone Therapy Massage

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