

Unit 736 – Provide Stone Therapy Services

Guided Learning Hours: 88

Learning Outcome	Assessment Criteria
1. Be able to maintain safe and effective methods of working when providing stone therapy treatments	<ul style="list-style-type: none">1.1 set up and maintain the treatment area to meet legal, hygiene and service requirements1.2 maintain personal hygiene, protection and appearance that meets accepted industry and organisational requirements1.3 remove and handle stones in a way which avoids injury to themselves and the client1.4 clean all tools and equipment using the correct methods1.5 disinfect stones after each treatment1.6 heat, cool and store stones according to manufacturers instructions and in a way which effectively energises them1.7 position equipment and treatment products for safety and ease of use1.8 use suitable materials to protect the client's skin against extremes of temperature during stone replacement1.9 use accepted industry hygiene and safety practices throughout the treatment1.10 adopt a positive, polite and reassuring manner towards the client throughout the treatment1.11 maintain the client's modesty, privacy and comfort at all times1.12 use treatment products to minimise waste1.13 dispose of waste materials safely and correctly

	<p>1.14 carry out the treatment within a commercially viable time</p> <p>1.15 keep records up-to-date, accurate, easy to read and signed by the client and practitioner</p> <p>1.16 leave the treatment area and equipment in a suitable condition for future treatments</p>
2. Be able to consult, plan and prepare for treatments with clients	<p>2.1 use consultation techniques to determine the client's treatment needs</p> <p>2.2 obtain signed, written and informed consent prior to any service from the client or parent/guardian if the client is a minor</p> <p>2.3 explain to the client what the treatment entails in a way they can understand</p> <p>2.4 consult with the client to identify their medical history, physical characteristics and lifestyle pattern, recording their responses</p> <p>2.5 consult with the client to identify if they have any contra-indications to stone therapy treatments, recording their responses and taking any necessary action</p> <p>2.6 actively encourage clients to ask questions and clarify points</p> <p>2.7 position themselves and the client to minimise the risk of fatigue and injury to themselves and the client</p> <p>2.8 carry out a test patch to determine the client's skin response to hot and cold temperature</p> <p>2.9 provide client advice without reference to a specific to a specific medical condition and without causing undue alarm and concern</p> <p>2.10 explain and agree the projected cost, likely duration, frequency and types of treatment needed</p>

	<p>2.11 agree in writing the client's needs, expectations and treatment objectives, ensuring they are realistic and achievable</p> <p>2.12 clean and prepare the client's skin to suit the areas to be treated</p> <p>2.13 protect the client's clothing, hair and accessories</p> <p>2.14 select types of stone suitable to meet the treatment objectives</p>
3. Be able to perform stone therapy treatments	<p>3.1 explain to the client the sensation created by the stones</p> <p>3.2 explain the treatment procedure to the client in a clear and simple way at each stage in the process</p> <p>3.3 provide suitable support and cushioning to specific areas of the body during the treatment if necessary</p> <p>3.4 use suitable material to protect the client's skin against extremes of temperature during front and back placement</p> <p>3.5 place suitable types of stone on the chakra points, when required, to meet the agreed treatment objectives</p> <p>3.6 place suitable types of stone under the body, when required, ensuring client comfort</p> <p>3.7 lubricate the skin to allow the smooth, continuous movement of the stones over the skin to avoid risk of overheating</p> <p>3.8 use stone therapy techniques in a way which avoids alarm to the client, is suitable for their physical characteristics, the treatment area(s) and treatment objectives</p> <p>3.9 adapt the treatment techniques and sequence to meet the client's physical characteristics and treatment area(s)</p>

	<p>3.10 vary the depth, rhythm and pressure of treatment techniques to meet treatment objectives, treatment area(s) and client's physical characteristics and preferences</p> <p>3.11 check the client's wellbeing throughout the stone therapy treatment</p> <p>3.12 handle stones to avoid excessive noise and disturbance to the client throughout the treatment</p> <p>3.13 assist to reposition the client in a controlled manner to minimise disturbance of the treatment process</p> <p>3.14 take prompt remedial action if contra-actions or discomfort occur during the course of treatment</p> <p>3.15 allow the client sufficient post-treatment recovery time</p> <p>3.16 check that the finished result is to the client's satisfaction and meets the agreed treatment objectives</p> <p>3.17 give the client aftercare advice</p>
4. Understand organisational and legal requirements	<p>4.1 explain own responsibilities under relevant health and safety legislation, standards and guidance</p> <p>4.2 explain own responsibilities under local authority licensing regulations for themselves and their premises</p> <p>4.3 explain the importance of checking current insurance guidelines for the delivery of stone therapy treatment</p> <p>4.4 explain the importance of not discriminating against clients with illnesses and disabilities and why</p> <p>4.5 explain the age at which an individual is classed as a minor and how this differs</p>

	<p>nationally</p> <p>4.6 explain why it is important, when treating minors under 16 years of age, to have a parent present</p> <p>4.7 explain why minors should not be given treatments without informed and signed parental or guardian consent</p> <p>4.8 explain the legal significance of gaining signed, informed consent to treatment</p> <p>4.9 explain own responsibilities and reasons for maintaining their own personal hygiene, protection and appearance according to accepted industry and organisational requirements</p> <p>4.10 explain the manufacturers' and organisational requirements for waste disposal</p> <p>4.11 explain the importance of the correct storage of client records in relation to the Data Protection Act</p> <p>4.12 explain how to complete client records and the reasons for keeping records of treatments and obtaining client signatures</p> <p>4.13 explain the organisation's requirements for client preparation</p> <p>4.14 explain the organisation's service times for stone therapy treatments and the importance of completing the service in a commercially viable time</p> <p>4.15 explain own responsibilities and reasons for keeping their nails short, clean, well-manicured and free of polish for massage treatments</p> <p>4.16 explain the organisation's and manufacturers' requirements for treatment area, equipment maintenance and equipment cleaning regimes</p>
<p>5. Understand how to work safely and effectively when providing stone therapy</p>	<p>5.1 explain how to set up the work area for stone therapy treatments</p>

effectively when providing stone therapy treatments	<p>5.2 explain the necessary environmental conditions for stone therapy treatments (including lighting, heating, ventilation, sound and general comfort) and why these are important</p> <p>5.3 explain the importance and reasons for disinfecting hands and how to do this effectively</p> <p>5.4 explain what contact dermatitis is, how to avoid developing it when carrying out stone therapy treatments</p> <p>5.5 explain the importance of disinfecting stones after each treatment and how to do this effectively</p> <p>5.6 explain how to position themselves and the client for stone therapy treatments taking into account individual physical characteristics</p> <p>5.7 explain repetitive strain injury (RSI), how it is caused and how to avoid it when carrying out stone therapy treatments</p> <p>5.8 evaluate the advantages to the therapist of using stone therapy as a means of avoiding RSI</p> <p>5.9 explain the importance of using the correct sized stones for the therapist's own hands and the client's physical characteristics</p> <p>5.10 explain the importance of adopting the correct posture throughout the treatment and the impact this may have on themselves and the outcome of the treatment</p> <p>5.11 explain the reasons for maintaining client modesty, privacy and comfort during the treatment</p> <p>5.12 explain why it is important to maintain standards of hygiene and the principles of avoiding cross-infection</p>
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	<p>5.13 explain how to minimise and dispose of waste treatments</p> <p>5.14 explain why it is important to check the client's wellbeing at regular intervals during stone therapy treatments</p>
6. Understand how to consult with clients	<p>6.1 explain how to use effective consultation techniques when communicating with clients from different cultural and religious backgrounds, age, disabilities and gender, for this treatment</p> <p>6.2 explain why it is important to encourage and allow time for clients to ask questions</p> <p>6.3 explain the importance of questioning clients to establish any contra-indications to head and stone therapy treatments</p> <p>6.4 explain why it is important to record client responses to questioning</p> <p>6.5 explain the legal significance of client questioning and the recording of client responses</p> <p>6.6 explain how to give effective advice and recommendations to clients</p> <p>6.7 explain how to visually assess the clients physical characteristics</p> <p>6.8 explain how to carry out and interpret thermal tests</p> <p>6.9 explain how to assess posture and skeletal conditions that may be present and how to adapt and change the stone therapy treatment routine</p> <p>6.10 summarise how to recognise different skin types and conditions</p> <p>6.11 explain the reasons why it is important to encourage clients with contra-indications to seek medical advice</p> <p>6.12 explain the importance of and reasons for not naming specific contra-indications</p>

	<p>when encouraging clients to seek medical advice</p> <p>6.13 explain why it is important to maintain client's modesty and privacy</p> <p>6.14 evaluate the relationship between lifestyle patterns and effectiveness of treatment</p> <p>6.15 evaluate the beneficial effects which can result from changes to the client's lifestyle pattern</p>
7. Understand how to prepare to provide stone therapy treatments	<p>7.1 explain the importance of giving clients clear instructions on the removal of relevant clothing, accessories and general preparation for the treatment</p> <p>7.2 explain why it is important to reassure clients during the preparation for the treatment</p> <p>7.3 explain how to select the appropriate oil suitable for stone therapy treatment</p> <p>7.4 explain how to cleanse different areas of the body in preparation for treatment</p>
8. Understand anatomy and physiology related to stone therapy treatments	<p>8.1 explain the structure and function of cells and tissues</p> <p>8.2 explain the structure and function of muscles, including the types of muscle i.e. voluntary and involuntary</p> <p>8.3 explain the positions and actions of the main muscle groups within the treatment areas</p> <p>8.4 explain the position and function of the primary bones and joints of the skeleton</p> <p>8.5 explain the position and function of the sinuses</p> <p>8.6 explain how to recognise postural faults and conditions</p> <p>8.7 explain the structural, function and location of blood vessels and the principles of circulation, blood pressure and pulse</p>

	<p>8.8 explain the interaction of lymph and blood within the circulatory system</p> <p>8.9 explain the structure and function of the lymphatic system</p> <p>8.10 explain the basic principles of the central nervous system and autonomic system</p> <p>8.11 explain the basic principles of the endocrine, respiratory, digestive and excretory systems</p> <p>8.12 explain the structure and function of skin</p> <p>8.13 explain the skin characteristics and skin types of different ethnic client groups</p> <p>8.14 explain the structure and location of the adipose tissue</p> <p>8.15 summarise the effects of hot and cold stone therapy on the individual systems of the body</p> <p>8.16 evaluate the psychological effects of hot and cold stone therapy treatment</p>
9. Understand contra-indications and contra-actions that affect or restrict stone therapy treatments	<p>9.1 explain the contra-indications that prevent treatment and why</p> <p>9.2 explain the contra-indications which may restrict treatment or where caution should be taken, in specific areas and why</p> <p>9.3 explain possible contra-actions which may occur during and post treatment, why and how to deal with them</p>
10. Understand how to use stone therapy equipment	<p>10.1 explain the types of safe, purpose-built stone heating equipment and how to use and position them safely</p> <p>10.2 explain the insurance implications of using non-professional stone heating equipment</p>

	<p>10.3 explain methods of cooling stones</p> <p>10.4 explain the types of stone, their properties and uses</p> <p>10.5 explain how to select the correct size and shape of stone for the client's physical characteristics and the area being treated</p> <p>10.6 explain how to dry and store different types of stone in a way that will effectively energise them</p> <p>10.7 explain the types of suitable material used to protect the client's skin against extremes of temperature during stone therapy treatment</p> <p>10.8 explain the recommended operating temperatures for hot and cold stones</p> <p>10.9 explain the types of oil suitable for stone therapy treatment and its purpose</p>
11. Understand the principles behind stone therapy techniques and how to use them	<p>11.1 explain the historical and cultural background to stone therapy</p> <p>11.2 explain the five elements of stone therapy</p> <p>11.3 explain the basic principles and characteristics of the seven major chakras and their significance to the practice of stone therapy treatment</p> <p>11.4 explain how to place stones on the seven major chakras to maximise client comfort and their benefits and purposes</p> <p>11.5 explain how to place stones underneath the body to maximise their benefits, purposes and client comfort</p> <p>11.6 explain how to place stones on the client's body during treatment and the importance of doing this in a careful, safe and considerate way</p> <p>11.7 explain the importance of temperature and time management of the stones during</p>

	treatment and how to carry this out
11.8	explain how to safely handle the stones to avoid excessive noise and disturbance during the treatment
11.9	explain how to recognise erythema and hyperaemia and their causes
11.10	explain why it is important to maintain correct posture during stone therapy treatment
11.11	explain the correct use and application of stone therapy techniques to meet a variety of treatment objectives
11.12	explain the importance of evaluating the effectiveness of stone therapy treatments
11.13	explain the correct use and application of stone therapy techniques to meet a variety of treatment objectives
11.14	summarise the benefits and effects of using hot and cold stones, either in isolation or combining the two temperatures during a treatment
11.15	explain how to adapt and combine stone therapy treatment techniques, depth and pressure to suit different client physical characteristics, areas of the body and preferences
11.16	explain how to adapt a stone therapy treatment for male and female clients
11.17	explain the areas of the body and body characteristics needing particular care when undertaking stone therapy treatments
11.18	evaluate the advantages of stone therapy treatments
11.19	explain how and why support and cushioning would be used during the treatment
11.20	explain how and when to safely reposition the client during treatment and the type

	<p>of assistance which should be provided by the therapist</p> <p>11.21 explain how stone therapy may be used to enhance other treatments e.g. manicure, pedicure, facial</p> <p>11.22 explain the recommended recovery times for stone therapy treatments and why this is important</p> <p>11.23 explain recommended timings for stone therapy treatments and how these should be adapted to meet the clients' individual needs and physical characteristics</p>
12. Understand how to provide aftercare advice	<p>evaluate the lifestyle factors and changes that may be required to improve the</p> <p>12.1 effectiveness of the treatment e.g. healthy eating, fluid intake and regular exercise etc</p> <p>12.2 explain activities which should be avoided post-treatment</p> <p>12.3 explain products for home use that will benefit and protect the client and those to avoid and why</p> <p>12.4 recommend further treatments</p>