

Course Title: Hot Stone Massage Course
Course Cost:
Group Course: £135
1-1 Course: £165 – bring your own models, student does not receive a treatment

Course Length: 1 Day
Course Entry Requirements: **Body Massage certificate required**

Course Type: Theory & Practical - includes exam (returned in 7 working days) and case studies, up to 6 months to complete from course date. These are PDF's and completed electronically at home
Not suitable for tablets or mobile.

Qualification awarded DT Practitioners Diploma

Accreditation Accredited with the Guild of Holistic Therapists

CPD Points 15 points

Paying for your course: **ITA Funding** - This course can be funded using Individual Training Account funds – PLEASE NOTE the funds must be in place before a booking can be made. Once your ITA account is in place please contact DT Therapy School to arrange your booking. please contact DT Therapy School to arrange your booking. ITA funds include the required deposit but if a student cancels the course then the student is liable for the deposit and will be invoiced accordingly.

Deposit, Full Payment & Balance – For all non ITA applicants - a non-refundable deposit of £65 secures your place - please contact DT Therapy School to arrange your booking. Payments can be accepted via card, paypal, cash, cheque or Bacs. Balances paid 2 weeks before course date.

Course Information: A hot stone massage or Thermoherapy as its also known is a variation of the typical massages such as Swedish and Eastern with the added integration of hot stones.

During the massage the therapist uses smooth, water-heated stones and sometimes in conjunction with cold stones, which are laid on specific points around the body. These then become part of the therapist's hands as she massages around the body. Localised heat produces vasodilatation and increases circulation of fluids in the area being focused on.

The stones are smooth basalt rocks. They are formed after the eruption from volcanoes when the molten lava begins to cool and are usually fine-grained as a result of rapid cooling on the Earth's surface. As a result, these basalt stones retain heat very well.

Different sizes of stones are used all over the body from large ones that can be placed on the back through to very small ones that can be used on the face and even between the toes. This direct hand's on heat is deeply soothing and will help tired, aching and tense muscles to relaxing and release.



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You will learn how to handle the stones, incorporate them into your normal massage, pressure and some new techniques you thought would not be possible with stones!

**Course Manual
Contents
Include :**

- Copyright, Insurance, Tax & Accounts
- What is Hot Stone Therapy - history
- Cold Stone Therapy – rules and usage
- Benefits of a Hot Stone Therapy
- Health & Safety Legislation/Law, Licence Requirements
- Infection Control
- Methods of Sterilisation
- Sensitivity Testing – patch testing (oils etc) thermal sensitivity
- Hygiene & Standards (Code of Practice)
- Equipment and Setting up
- Basic First Aid
- Using Aromatherapy Oils or Waxes
- Contra-Indications
- Basalt Stones, Rules on Stone usage, Stone sets
- Caring for your Stones, Cleansing & Charging
- Preparing for a treatment
- Basic Techniques for Hot Stones and Stone Layouts
- Consultation Form, Chakras

**Practical
Modules to be
completed**

- Temperature control, safe removal of stones from the heater
- Introduction of stone to client
- Basic techniques
- Sessions completed - back, legs, feet wraps
- Free practice



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