



Hot Stone Therapy

Stone Therapy Massage incorporates a mixture of traditional massage movements with other complementary therapies making it a very thorough treatment. Generating a deep level of relaxation and homeostasis as with all holistic work the client is treated as a whole and will receive the maximum benefit created from a full body treatment. Stone therapy can also be successfully broken down into parts and used to concentrate on specific problem areas.

The individual treatments used within the stone therapy massage will be heightened by the properties of the stones. Stone therapy can be used to complement many other treatments carried out in the salon or spa such as Manicure, Pedicure, Indian Head Massage, Lymphatic Drainage Massage, Ear Candle Treatments and Facials



The Stone Therapy Massage course combines the invaluable history and theory of the stone massage treatment. The practical experience is equally as important as technical theory is no exception in Stone Therapy training. The successful delegate will be able to perform a complete Stone Therapy body massage with full competence and knowledge of the application of the treatment. Fantastic commercial opportunities are available to all beauty salon and holistic therapists wishing to enter the world of 'Hot Rocks Stone Therapy'.

Includes:

- Introduction
- Preparation
- General Practice
- Contra-indications
- Product Information
- Equipment Demonstration
- Aftercare
- Cleaning and Maintenance
- Practical
- Training Manual

Duration:

One day course, from 11am to 5pm. Please check exact timings when booking course date.

Delegate Requirements:

- Advanced Level: Fully NVQ Level 3 or recognised body massage qualification
- Must purchase (or have purchased previously) a stone heater and body stone kit, which will be used during the course
- MUST bring copy of certificate of qualification to course
- To work in pairs

NOTE: Models for Stone Therapy must not suffer from any of the following:

- Diabetes
- be pregnant or breast feeding
- epilepsy
- heart problems
- high or low blood pressure or on medication for this
- thyroid problems or on medication for this

Algarve Beauty School

BEAUTY FOR PROFESSIONALS



- recent operations
- Scarring.

Attendance:

Maximum 6 delegates. For In Salon training this depends on room size, etc and can be discussed.

Training Fee:

ON A PER DELEGATE BASIS

175€ per delegate plus IVA

Room Requirements (Salon to provide):

- Couch per pair delegate covered with towelling cover and couch roll, couch must be positioned with enough room for candidate to move around the whole area
- 3 Tier Trolley (large / sturdy enough for 17 litre stone heater) surfaces covered with couch roll or towel. Large plastic bowl on trolley
- Plug socket near to trolley
- Bin under couch
- Room must be well ventilated, or air-conditioned. Room must have access to water nearby, or ideally in room
- Room must be sufficiently sound-proofed to ensure no disturbances
- Hand washing facilities
- Changing area / screen for models to undress behind.

