
B28 stone therapy treatments



Heated stones have been used by ancient cultures for centuries to relax and heal both physically and spiritually. This wonderful fusion of massage, heat and energy balancing involves the application of smooth, heated or cool stones to the body. The stones are arranged along the body's

energy centres, followed by massage that uses the stones as tools. This makes the massage more effective than manual treatment alone, and is also easy on the joints of the therapist's hands. A deep massage tailored to the client's needs can be achieved.



Image courtesy of Walsall College; Photography by Andrew Buckle

Unit B28 (City & Guilds Unit 034)

Provide stone therapy treatments

Mandatory (Massage route and optional)



Evidence requirements

To achieve this unit you must practically demonstrate in your everyday work that you have met the standards for providing stone therapy treatments.

The standards cover things that you must do (performance criteria), things that you must cover (range) and things that you must know.

What you must do

Your evidence should be collected when carrying out a real job, whether paid or voluntary, and when dealing with real clients, whether internal or external to the salon. Simulation is **not** allowed for any performance evidence within this unit.

Most evidence of your performance will be gathered from the observations made by your assessor, but you may be required to produce other evidence to support your performance if your assessor has not been present. This will involve your assessor observing your performance on at least **four** separate occasions, on **four** different clients. These must include **two** full stone therapy treatments that incorporate the face.

This unit has four outcomes.

Outcome 1

Maintain safe and effective methods of working when providing stone therapy treatments

Outcome 2

Consult, plan and prepare for treatments with clients

Outcome 3

Perform stone therapy treatments

Outcome 4

Provide aftercare advice

“

Stone therapy is one of the most enjoyable and relaxing treatments. The heat penetrates and relaxes muscles, allowing the therapist to carry out deep and intense massage manipulations to the area.

Adele O'Keefe

”



Unit B28 (City & Guilds Unit 034)

Provide stone therapy treatments

Mandatory (Massage route and optional)

(continued)

Image courtesy of iStockphoto.com/Sheryl Yazolino Griffin

What you must cover

You will see key words in bold on the 'What you must do' list. For each of these, there is a range of things that you must cover. You must show that you have:

Used all of the following types of equipment:

- Professional stone heater
- Stones
- Accessories
- Cooling systems

Used all of the following consultation techniques:

- Questioning
- Visual
- Manual
- Reference to client records

Dealt with all of the following client physical characteristics:

- Weight
- Height
- Posture
- Muscle tone
- Age
- Health
- Skin condition

Dealt with at least one of the following necessary actions *:

- Encouraging the client to seek medical advice
- Explaining why the treatment cannot be carried out
- Modification of treatment

* However, you must prove to your assessor that you are able to deal with the other **two**.

Met all of the following treatment objectives:

- Relaxing
- Balancing
- Uplifting
- Sense of wellbeing
- Local decongestion
- Relief from muscular tension

Used three of the following types of stones *:

- Basalt
- Marine
- Marble
- Semi-precious stones

* However, you must prove to your assessor that you are able to deal with the other **one**.

Used all of the following stone therapy techniques:

- Rotation of stones
- Alternation of hot and cold stones
- Use of hot stones only
- Use of cold stones only
- Combination of stone types and sizes
- Temperature management

Covered all of the following treatment areas:

- Face
- Head
- Neck, chest and shoulders
- Arms and hands
- Abdomen
- Back
- Legs and feet

Used all of the following treatment techniques:

- Effleurage
- Petrissage
- Friction
- Tapping
- Tucking
- Placement
- Trigger point

Given all of the following types of advice:

- Avoidance of activities which may cause contra-actions
- Future treatment needs
- Modifications to lifestyle patterns
- Suitable homecare products and their use

What you must know

You will be assessed on your knowledge of the following:

Organisational and legal requirements

How to work safely and effectively when providing stone therapy treatments

Client consultation

Preparation for treatment

Anatomy and physiology

Contra-indications and contra-actions

Stone therapy equipment

Treatment specific knowledge

Aftercare advice for clients

This will be completed through written and oral questioning by your assessor, or by an online test. For details of what you must know, see pages 207–215.

“
Warmed stones dilate the blood vessels and sedate the nervous system. Cold stones stimulate the nervous system and cause the blood vessels to contract.

Melissa Peacock

”

Image courtesy of iStockphoto.com/Peter-John Freeman



Stone therapy treatments

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Useful words

Some terms that you will come across in this unit are explained below.

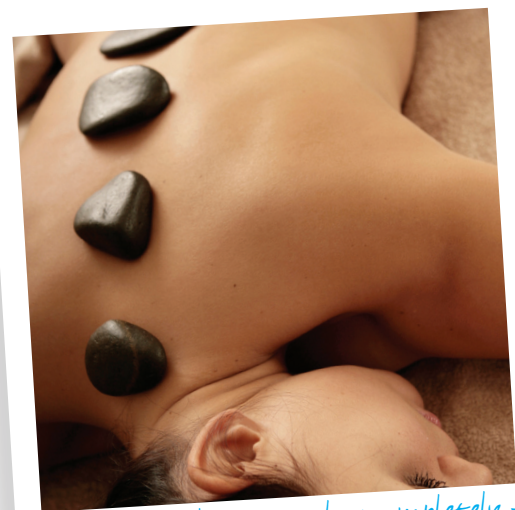
Basalt stone A black volcanic rock that absorbs and retains heat well. Its penetrative warmth helps to release deep muscular tension, congestion and improves the general circulation.

Chakras Energy centres that do not have a physical form but are a way of describing energies and energy flow. They are the focal point for restoring balance to the body.

Lifestyle patterns Regular habits such as smoking, alcohol intake, sleep, relaxation and exercise patterns, as well as diet and fluid intake.

Marble A hard, cold and smooth stone. Marble is used chilled for its cooling, decongesting and cleansing action, and because it is refreshing and invigorating for the body.

Massage techniques Specific movements applied to the body for a stimulating or relaxing effect. Massage techniques include effleurage, petrissage, friction, tapping, tucking, placement and trigger point. The speed and depth at which these techniques are applied can alter their effect.



Allow your client to relax completely – they deserve it!



Observation sign-off sheet

Unit B28 Provide stone therapy treatments

What you must do

196 Level 3 NVQ/SVQ Beauty

Within your work, you must show your assessor that you can do the following. Your assessor will make at least **four** observations of your performance on at least **four** separate occasions, on **four** different clients. This must include **two** full body stone therapy treatments that incorporate the **face**.

Each time you achieve **all** the points listed below within a single client service, your assessor will tick the circle and enter the date.

Outcome 1

Maintain safe and effective methods of working when providing stone therapy treatments

- a Set up and monitor the **treatment area** to meet organisation procedures and manufacturers' instructions
- b Make sure that environmental conditions are suitable for the client and the treatment
- c Ensure your personal hygiene, protection and appearance meets accepted industry and organisational requirements
- d Ensure that your nails are short, clean, well manicured and free of polish
- e Effectively disinfect your hands prior to and after treatment
- f Ensure your own posture and position minimises fatigue and risk of injury whilst working
- g Remove and handle stones in a way which avoids injury to yourself and the client
- h Ensure all tools and **equipment** are cleaned using the correct methods

Continues on next page

Hints and tips

The heat of the stones helps muscles relax and releases tension more quickly than in traditional massage.



Image courtesy of www.therapyeentials.co.uk

- i Effectively disinfect stones after each treatment
- j Leave stones dry overnight and stored in a way which effectively energises them
- k Position **equipment** and treatment products for ease and safety of use
- l Ensure the stones are heated and cooled following heater manufacturer's instructions prior to use
- m Ensure the client is in a comfortable and relaxed position suitable for the treatment
- n Use suitable materials to protect the client's skin against extremes of temperature during stone placement
- o Maintain accepted industry hygiene and safety practices throughout the treatment
- p Adopt a positive, polite and reassuring manner towards the client throughout the treatment
- q Maintain the client's modesty, privacy and comfort at all times
- r Use treatment products effectively to minimise waste
- s Dispose of waste materials safely and correctly
- t Ensure the treatment is cost-effective and is carried out within a commercially viable time
- u Ensure client record cards are up-to-date, accurate, complete, legible and signed by the client and practitioner
- v Leave the **treatment area** and **equipment** in a condition suitable for future treatments



Hints and tips

Practise cupping the stones in your hands rather than just holding them with the fingertips.

Observation	1	2	3	4		
Achieved	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Date						
Candidate signature						
Assessor signature						
IQA signature (if sampled)						
EQA signature (if sampled)						

Continues on next page



Observation sign-off sheet

Unit B28 Provide stone therapy treatments

What you must do (continued)

198 Level 3 NVQ/SVQ Beauty



For a successful stone therapy treatment, you must get used to massaging with stones.

Hints and tips

Carrying out stone therapy causes the therapist's body to heat up. Cool your hands by washing them in tepid water after treatments. Stay hydrated by drinking lots of water.

Outcome 2

Consult, plan and prepare for treatments with clients

- a Use **consultation techniques** in a polite, sensitive and friendly manner to determine the client's treatment needs
- b Obtain signed, written informed consent from the client prior to carrying out the treatment
- c Ensure that informed and signed parent or guardian consent is obtained for minors prior to any stone therapy treatment *
- d Ensure that a parent or guardian is present throughout the stone therapy treatment for minors under the age of 16 **
- e Clearly explain to the client what the treatment entails in a way they can understand
- f Use suitable **consultation techniques** to identify your client's medical history, **physical characteristics** and lifestyle pattern
- g Ask your client appropriate questions to identify if they have any contra-indications to stone therapy treatments
- h Accurately record your client's responses to questioning
- i Actively encourage clients to ask questions and clarify any points
- j Correctly carry out a test patch to accurately determine the client's skin response to hot and cold temperatures
- k Take the **necessary action** in response to any identified contra-indications ***
- l Ensure client advice is given without reference to a specific medical condition and without causing undue alarm and concern
- m Clearly explain and agree the projected cost, likely duration, frequency and types of treatment needed

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Image courtesy of iStockphoto.com/YanC

- n Agree in writing the client's needs, expectations and **treatment objectives**, ensuring they are realistic and achievable
- o Ensure that the client's skin is clean and prepared to suit the areas to be treated
- p Ensure that clothing, hair and accessories are effectively protected or removed
- q Select **types of stone** suitable to meet the **treatment objectives**



Observation	1	2	3	4		
Achieved	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Date						
Candidate signature						
Assessor signature						
IQA signature (if sampled)						
EQA signature (if sampled)						

* Covered by observation	<input type="radio"/>	Date
Covered by oral questioning	<input type="radio"/>	Date
** Covered by observation	<input type="radio"/>	Date
Covered by oral questioning	<input type="radio"/>	Date
*** Covered by observation	<input type="radio"/>	Date
Covered by oral questioning	<input type="radio"/>	Date

Continues on next page

“
Hot stone massage techniques are used to relax and soothe both the mind and body.
 Adele O’Keefe
 ”



Observation sign-off sheet

Unit B28 Provide stone therapy treatments

What you must do (continued)



Don't be afraid to use hot stones on other areas of the body, too!

Outcome 3

Perform stone therapy treatments

- a Clearly explain the sensation created by the stones
- b Explain the treatment procedure to the client in a clear and simple way at each stage in the process
- c Provide suitable support and cushioning to specific areas of the body during the treatment if necessary
- d Use suitable material to protect the client's skin against extremes of temperature during front and back placement
- e Correctly place suitable **types of stone** on the chakra points, when required, to meet the agreed **treatment objectives**
- f Correctly place suitable **types of stone** under the body, when required, ensuring client comfort
- g Ensure the skin is sufficiently lubricated to allow the smooth, continuous movement of the stones over the skin to avoid the risk of overheating
- h Effectively introduce and 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**
- i Adapt your **treatment techniques** and sequence to meet the client's **physical characteristics** and **treatment area(s)**
- j Effectively vary the depth, rhythm and pressure of **treatment techniques** to meet **treatment objectives**, **treatment area(s)** and client's **physical characteristics** and preferences
- k Check the client's wellbeing throughout the stone therapy treatment

Top image courtesy of The Sanctuary

Bottom image courtesy of iStockphoto.com/Schmidt Productions

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- l Handle stones to avoid excessive noise and disturbance to the client throughout the treatment
- m Assist to reposition the client in a controlled manner to minimise disturbance of the treatment process
- n Take appropriate and prompt remedial action if contra-actions or discomfort occur during the course of treatment
- o Allow the client sufficient post-treatment recovery time
- p Ensure the finished result is to the client's satisfaction and meets the agreed **treatment objectives**



Observation	1	2	3	4		
Achieved	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Date						
Candidate signature						
Assessor signature						
IQA signature (if sampled)						
EQA signature (if sampled)						

Outcome 4

Provide aftercare advice

- a Give **advice** and recommendations accurately and constructively
- b Give your clients suitable **advice** specific to their individual needs

Observation	1	2	3	4		
Achieved	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Date						
Candidate signature						
Assessor signature						
IQA signature (if sampled)						
EQA signature (if sampled)						



Observation sign-off sheet

Unit B28 Provide stone therapy treatments

What you must cover (continued)

Before ticking the circles below, you must make sure that you have achieved 'What you must cover' in **all** the outcomes in which it occurs.

Equipment

Tick the equipment used for each observation. You must use **all** equipment.

	1	2	3	4		
Professional stone heater	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stones	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Accessories	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cooling systems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Consultation techniques

Tick the consultation techniques used for each observation. You must use **all** consultation techniques.

	1	2	3	4		
Questioning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Visual	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Manual	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reference to client records	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Physical characteristics

Tick the types of client physical characteristics dealt with for each observation. You must deal with **all** client physical characteristics.

	1	2	3	4		
Weight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Height	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Posture	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Muscle tone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Age	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Skin condition	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Necessary actions

Tick the necessary action dealt with if it occurs during an observation. You must deal with at least **one** of the necessary actions, but you must prove to your assessor that you are able to deal with the other **two**.

	1	2	3	4		
Encouraging the client to seek medical advice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Explaining why the treatment cannot be carried out	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Modification of treatment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Treatment objectives

Tick the treatment objectives met for each observation. You must meet **all** of the treatment objectives.

	1	2	3	4		
Relaxing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Balancing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Uplifting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sense of wellbeing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Local decongestion	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Relief from muscular tension	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Types of stones

Tick the type of stone used for each observation. You must use at least **three** types of stone, but must prove to your assessor that you are able to use the other **one**.

	1	2	3	4		
Basalt	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Marine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Marble	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Semi-precious stones	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Observation sign-off sheet

Unit B28 Provide stone therapy treatments

What you must cover (continued)

Stone therapy techniques

- Rotation of stones

- Alternation of hot and cold stones

- Use of hot stones only

- Use of cold stones only

- Combination of stone types and sizes

- Temperature management

Tick the techniques used for each observation. You must use **all** techniques.

1	2	3	4		
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Treatment areas

- Face

- Head

- Neck, chest and shoulders

- Arms and hands

- Abdomen

- Back

- Legs and feet

Tick the treatment areas covered for each observation. You must cover **all** treatment areas.

1	2	3	4		
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Treatment techniques

- Effleurage

- Petrissage

- Friction

- Tapping

- Tucking

- Placement

- Trigger point

Tick the treatment techniques used for each observation. You must use **all** treatment techniques.

1	2	3	4		
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Advice

Tick the types of advice given for each observation.
You must give **all** types of advice.

	1	2	3	4		
Avoidance of activities which may cause contra-actions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Future treatment needs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Modifications to lifestyle patterns	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Suitable homecare products and their use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Observation	1	2	3	4		
Achieved	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Date						
Candidate signature						
Assessor signature						
IQA signature (if sampled)						
EQA signature (if sampled)						

Image courtesy of www.hiveofbeauty.com



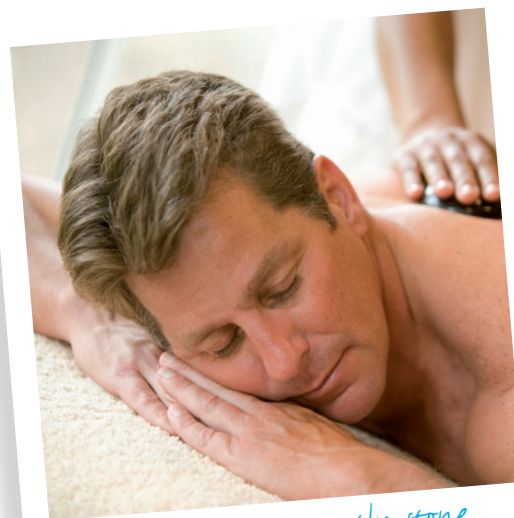


Comment form

Unit B28

This form can be used to record oral questioning, or for assessor/candidate comments, if required.

Comments	Date
1	
2	
3	
4	



When carried out correctly, stone therapy is an incredibly relaxing treatment.

Knowledge sign-off sheet

Unit B28 Provide stone therapy treatments

What you must know



You need to understand:	Evidence type
Organisational and legal requirements	
1 your responsibilities under current health & safety legislation, standards and guidance eg the Health & Safety at Work Act (and any other relevant legislation)	E3
2 your responsibilities under local authority licensing regulations for yourself and your premises	E3
3 the importance of checking current insurance guidelines for the delivery of stone therapy treatment	E3
4 the importance of not discriminating against clients with illnesses and disabilities and why (eg the Disability Discrimination Act)	E3
5 the age at which an individual is classed as a minor and how this differs nationally	E3
6 the legal significance of gaining signed, informed client consent to treatment	E3
7 why minors under the age of 16 should not be given treatments without informed and signed parental or guardian consent	E3
8 why it is important, when treating minors, to have a parent present	E3
9 manufacturer's and organisational requirements for waste disposal	E3
10 the importance of the correct storage of client records in relation to the Data Protection Act	E3
11 how to complete the client records used in your organisation and the importance of, and reasons for, keeping records of treatments and gaining client signatures	E3

Continues on next page

You will be assessed on your knowledge and understanding of **all** the following points. This will be completed by your assessor through oral or written questions (evidence type E3) or a mandatory written paper (E4). Either of these could be an online test. The form tells you which evidence type is needed for each point.

Some areas appear in more than one unit (shaded in darker blue). These are covered in a cross-unit knowledge test. You only need to be tested on these once.

Once you have been assessed on each point, you can fill in the date and reference any written evidence that you've put in your portfolio.



Knowledge sign-off sheet

Unit B28 Provide stone therapy treatments

What you must know (continued)

You need to understand:	Evidence type
12 your responsibilities, and reasons for, maintaining your own personal hygiene, protection and appearance according to accepted industry and organisation requirements	E3
13 your responsibilities, and reasons for, keeping your nails short, clean, well manicured and free of polish for stone therapy treatments	E3
14 the organisation's requirements for client preparation	E3
15 your organisation's service times for stone therapy treatments and the importance of completing the service in a commercially viable time	E3
16 your organisation's and manufacturers' requirements for treatment area, equipment maintenance and equipment cleaning regimes	E3
How to work safely and effectively when providing stone therapy treatments	
17 how to set up the work area for stone therapy treatments	E3
18 the necessary environmental conditions for stone therapy treatments (including lighting, heating, ventilation and general comfort) and why these are important	E3
19 what is contact dermatitis and how to avoid developing it whilst carrying out stone therapy treatments	E4
20 the importance and reasons for disinfecting hands and how to do this effectively	E3
21 the importance of disinfecting stones after each treatment and how to do this effectively	E3

Continues on next page

You need to understand:	Evidence type
22 how to position yourself and the client for stone therapy treatments taking into account individual physical characteristics	E3
23 what is repetitive strain injury (RSI), how it is caused and how to avoid developing it when delivering stone therapy treatments	E4
24 the advantages to the therapist of using stone therapy as a means of avoiding RSI	E4
25 the importance of using the correct sized stones for the therapist's own hands and the client's physical characteristics	E3
26 the importance of adopting the correct posture throughout the treatment and the impact this may have on yourself and the outcome of the treatment	E3
27 reasons for maintaining client modesty, privacy and comfort during the treatment	E3
28 why it is important to maintain standards of hygiene and the principles of avoiding cross-infection	E3
29 how to minimise and dispose of waste from treatments	E3
30 why it is important to check the client's wellbeing at regular intervals during stone therapy treatments	E3
Client consultation	
31 why it is important to encourage and allow time for clients to ask questions	E3
32 how to use effective consultation techniques when communicating with clients from different cultural and religious backgrounds, age, disabilities and gender for this treatment	E3
33 the importance of questioning clients to establish any contra-indications to stone therapy treatments	E3
34 why it is important to record client responses to questioning	E3
35 the legal significance of client questioning and recording the client's responses	E3
36 how to give effective advice and recommendations to clients	E3

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Hints and tips

Remember that it's not just the hot stones that can damage the skin; your client could suffer from freezer burns if the cold stones are too cold before use.



Knowledge sign-off sheet

Unit B28 Provide stone therapy treatments

What you must know (continued)

You need to understand:	Evidence type
37 how to visually assess the physical characteristics in the range	E3
38 how to carry out and interpret thermal tests	E3
39 how to assess posture and skeletal conditions that may be present and how to adapt and change the stone therapy treatment routine	E3
40 how to recognise different skin types and conditions	E3
41 the reasons why it is important to encourage clients with contra-indications to seek medical advice	E3
42 the importance of, and reasons for, not naming specific contra-indications when encouraging clients to seek medical advice	E3
43 why it is important to maintain client's modesty, privacy and comfort	E3
44 relationship between lifestyle patterns and effectiveness of treatment	E3
45 the beneficial effects which can result from changes to the client's lifestyle pattern (eg healthy eating and fluid intake, exercise habits, smoking habits, sleep patterns, hobbies, interests and means of relaxation)	E3
Preparation for treatment	
46 the importance of giving clients clear instructions on the removal of relevant clothing, accessories and general preparation for the treatment	E3
47 why it is important to reassure clients during the preparation process whilst also maintaining the client's modesty and privacy	E3

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You need to understand:	Evidence type
48 how to select the appropriate oil suitable for stone therapy treatment	E3
49 how to cleanse different areas of the body in preparation for treatment (eg face and feet)	E3
Anatomy and physiology	
50 the structure and function of cells and tissues	E4
51 the structure and function of muscles, including the types of muscle (ie voluntary, involuntary and cardiac)	E4
52 the positions and actions of the main muscle groups within the treatment areas	E4
53 the position and function of the primary bones and joints of the skeleton	E4
54 the position and function of the sinuses	E4
55 how to recognise postural faults and conditions (eg lordosis, kyphosis, scoliosis)	E4
56 the structure, function and location of blood vessels and the principles of circulation, blood pressure and pulse	E4
57 the interaction of lymph and blood within the circulatory system	E4
58 the structure and function of lymphatic system	E4
59 the basic principles of the central nervous system and autonomic system	E4
60 the basic principles of the endocrine, respiratory, digestive and excretory systems	E4
61 the structure and function of skin (ie the layers of the epidermis, the dermis, subcutaneous layer, including connective tissues, nerve endings, sweat glands, sebaceous glands, capillaries and hairs)	E4
62 the skin characteristics and skin types of different ethnic client groups	E4
63 the structure and location of the adipose tissue	E4
64 the effects of hot and cold stone therapy on the individual systems of the body	E4



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Knowledge sign-off sheet

Unit B28 Provide stone therapy treatments

What you must know (continued)

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You need to understand:	Evidence type
65 the physical effects of hot and cold stone therapy treatment	E4
66 the psychological effects of hot and cold stone therapy treatment	E4
Contra-indications and contra-actions	
67 those contra-indications that prevent treatment and why (eg deep vein thrombosis, during chemotherapy and radiotherapy, contagious skin diseases, loss of skin sensitivity, clinical obesity, etc)	E4
68 those contra-indications which may restrict treatment or where caution should be taken, in specific areas and why (eg diabetes, epilepsy, varicose veins, areas of skin aggravated by heat, etc)	E4
69 possible contra-actions which may occur during and post treatment and how to deal with them (eg reactions to extremes of temperature)	E4
Stone therapy equipment	
70 the types of safe, purpose-built stone heating equipment and how to use and position them safely	E3
71 the insurance implications of using non-professional stone heating equipment	E3
72 methods of cooling stones	E4
73 the types of stone, their properties and uses	E4
74 how to select the correct size and shape of stone for the client's physical characteristics and the area being treated	E3
75 how to dry and store different types of stone in a way that will effectively energise them	E3

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You need to understand:	Evidence type
76 the types of suitable material used to protect the client's skin against extremes of temperature during stone therapy treatment (eg linen, towelling)	E3
77 the recommended operating temperatures for hot and cold stones	E3
78 the types of oil suitable for stone therapy treatment and its purpose	E3
Treatment specific knowledge	
79 the historical and cultural background to stone therapy	E3
80 the five elements of stone therapy (ie metal, wood, water, air and fire)	E3
81 the basic principles and characteristics of the seven major chakras and their significance to the practice of stone therapy treatment	E3
82 how to place stones on the seven major chakras to maximise client comfort and their benefits and purposes	E3
83 how to place stones underneath the body to maximise their benefits, purposes and client comfort	E3
84 how to introduce stones to the client's body during treatment and the importance of doing this in a careful, safe and considerate way	E3
85 the importance of temperature and time management of the stones during treatment and how to carry this out	E3
86 how to safely handle the stones to avoid excessive noise and disturbance during the treatment	E3
87 how to recognise erythema and hyperaemia and their causes	E3
88 why it is important to maintain correct posture during stone therapy treatment	E3
89 the correct use and application of stone therapy techniques to meet a variety of treatment objectives, including those in the range	E3
90 the benefits and effects of using hot and cold stones, either in isolation or combining the two temperatures during a treatment	E3



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Knowledge sign-off sheet

Unit B28 Provide stone therapy treatments

What you must know (continued)

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Hints and tips

The maximum commercially viable time for a full body stone therapy treatment, including the face, is 75 mins.

You need to understand:	Evidence type
91 how to adapt and combine stone therapy treatment techniques, depth and pressure to suit different client physical characteristics, areas of the body and preferences	E3
92 how to adapt a stone therapy treatment for male and female clients	E4
93 the areas of the body and body characteristics needing particular care when undertaking stone therapy treatments	E3
94 the advantages of stone therapy treatments	E3
95 how and why support and cushioning would be used during the treatment	E3
96 how and when to safely reposition the client during treatment and the type of assistance which should be provided by the therapist	E3
97 the importance of evaluating the effectiveness of stone therapy treatments	E3
98 how stone therapy may be used to enhance other treatments (eg manicure, pedicure, facial)	E4
99 the recommended recovery times for stone therapy treatments and why this is important	E3
100 recommended timings for stone therapy treatments and how these should be adapted to meet the client's individual needs and physical characteristics	E3

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You need to understand:	Evidence type
Aftercare advice for clients	
101 the lifestyle factors and changes that may be required to improve the effectiveness of the treatment (eg healthy eating, fluid intake and regular exercise, etc)	E3
102 activities which should be avoided post-treatment	E3
103 products for home use that will benefit the client and those to avoid and why	E3
104 recommended further treatments	E3
Tick if E3 was an online test	<input type="radio"/> Date
Tick if E4 was an online test	<input type="radio"/> Date
Tick if cross-unit knowledge was an online test	<input type="radio"/> Date
Tick if E3 was an oral/written test	<input type="radio"/> Date
Tick if E4 was a written test	<input type="radio"/> Date
Tick if cross-unit knowledge was an oral/written test	<input type="radio"/> Date



Image courtesy of Ardencote Spa



Arrange the hot stones carefully along the body's energy centres.



Supplementary notes

Unit B28

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Your assessor may use this space for any additional comments they may have about your work.

Comment	Date

Unit sign-off

This section must be signed when the unit is complete.
We confirm that this evidence is authentic and the assessments were conducted under specified conditions and that all the performance criteria, range and essential knowledge requirements have been met for this unit.

Candidate signature _____ Date _____

Assessor signature _____ Date _____

IQA signature (if sampled) _____ Date _____

EQA signature (if sampled) _____ Date _____