

Holistic Health Training Ltd.

[www.hht.co.nz](http://www.hht.co.nz)

# HOT STONES MASSAGE –

*~ a short training course in the effective  
and safe use of Hot Stones in Massage  
Therapy.*



**PROSPECTUS.**

## **Hot Stones Massage ~ a short training course.**

### **Information to help you decide if this course is for you.**

- This is not an entry-level programme. You must be a trained and experienced Relaxation or Remedial massage therapist to attend this course. Discuss this with the tutor if necessary.
- Hot Stones training doesn't replace other massage training. It is an "add-on" to widen your client base, deepen skills and allow you to offer a different therapy to new and existing clients.
- People in the Spa industry, Beauty Therapy, in home or clinic-based massage practices, can all add Hot Stones.
- The requirements regarding resources, equipment, safety, hygiene and contraindications are more complex than they are for regular massage therapy. Proper training is essential.
- There is a set-up investment required before you can start working with Hot Stones. However, this can be managed in very cost-effective ways.
- Stones are valuable tools because their use reduces the pressure on a therapist's hands, wrists and fingers.
- Elements of other alternative modalities amalgamate readily with Hot Stone work eg/ chakra balancing and cleansing, energy work and meridian work.
- However, there is also a sound clinical basis to the use of heat (thermotherapy) in healing which has a cross-cultural tradition going back thousands of years.

*As often happens in modern times, the 21<sup>st</sup> Century hasn't invented Hot Stones massage. We have re-invented it and adapted it to our world. It's lovely therapy to both deliver and receive and we hope you will join us to train in this ancient but-oh-so modern timeless method of healing.*

## **Programme Regulations.**

1. When you register for this course you must give your tutor details about your previous massage training and experience. **Entry to the course is at the discretion of the tutor.**
2. You must be **18 years old + and if English is your 2<sup>nd</sup> language you must have a minimum IELTS score of 5.5+** to participate.
3. As well as your massage table, you will need a set of **Hot Stones, and the appropriate accessories** to be able to deliver this therapy. Details will be provided in your Manual and explained by your tutor, along with a projected cost breakdown.
4. You may be able to **share the tutorial** with another student. You will be asked for consent for this option. You pay no more but you get the benefit of receiving your co-student's hands-on practice plus some by the tutor which is obviously pleasurable and helpful, as you hear the coaching twice as you experience the massage. It takes a bit longer as you swap.
5. This course is **ASSESSED**;
  - a) At the conclusion of the training via a **short written assignment** focussing on safety. You must pass this (90%) to achieve the course.
  - b) You will be given an Attestation form to send to HHT Ltd once you have successfully passed the written assignment and sent the form in.
6. This course is not NZQA-accredited. However, **HHT's Certificates** carry weight these days. And it will look fabulous on your therapy-room wall.
7. When you register you are agreeing to abide by the **Programme Regulations** and also the **Code of Conduct** in this Prospectus.
8. **Fees** for the course are to be paid to your tutor, who will discuss payment details with you prior to the training.
9. The course is available in **Auckland, Tauranga/Bay of Plenty, Nelson and Christchurch.**

### **Resources provided.**

1. **Training** by one to one or one to two tutorial..
2. Because you will be a practising therapist, you will already have a **massage table**. Generally you will train in the tutor's therapy space and use her table; however, you can discuss this with your tutor when you register.
3. **Hot Stones, and all appropriate accessories** (heaters, oils/waxes, hygiene equipment etc).
4. **Theory Manual** (provided on a USB stick – you can print this off if you prefer a paper rather than a download copy). Full colour photographs included. The Manual includes the History of Hot Stones massage, contraindications and indications, safety and hygiene, a ten-step protocol for delivery of a Relaxation session and over 30 photographs showing correct placement.
5. **Certificate upon completion of requirements.**

### **FEES.**

#### **Fees are standard across all centres.**

**By one to one tutorial; 3-4 hours training;**

**By on to two tutorial; 4 – 6 hours training.**

**\$360.00. per person.**

Includes tutoring, resources, consumables and Manual.

## **OUTCOMES.**

**It is expected the graduates of this course will achieve the following Outcomes.**

1. Have an understanding of the history and theory of thermotherapy in relation to Hot Stones Massage.
2. Be able to deliver a one to one and a half hour Hot Stones Relaxation massage session to a paying client.
3. Have a clear understanding of the INDICATIONS and CONTRAINDICATIONS to Hot Stones Massage therapy.
4. Be able to clearly explain the benefits and value of thermotherapy relative to regular relaxation massage.
5. Carry out an appropriate Health Screen and set a contract with clients in line with your experience and safe scope of practice.
6. Be clear about the need for, and have available, systems of REFERRAL for clients whose needs fall outside your scope of practice.
7. Demonstrate an understanding of the requirements for safe handling of Hot Stones, for therapist and client.
8. Demonstrate a clear understanding of relevant hygiene protocols, before, during and after the session.
9. Be able to communicate effectively with the client during a Hot Stones massage session.
10. Demonstrate an understanding of the importance of contraindications to Hot Stones Massage.
11. Be assessed at the conclusion of the course as being safe and competent to see clients using the protocol.

### Expected Standards of Behaviour/Code of Conduct.

*As with regular massage thermotherapy has the potential to be a powerful healing tool, as well as a wonderful relaxing experience.*

*Because of the nature of the contact (skin to skin and stone-to-skin), it is an intimate therapy. Massage Therapists, like all health providers, are in positions of trust. Their clients must trust that the therapist will behave in certain acceptable ways, and not in others.*

*Remaining mindful of this creates a point of difference between “normal” health services and alternative/complementary ones, and we must nurture and cherish these differences.*

*Participants attending trainings run by HHT Ltd are required to follow a Code of Conduct, outlined below. When you register, you are agreeing to abide by this Code. Failure to abide by it may result in your removal from the training.*

***EVEN IN A TUTORIAL SITUATION, HHT LTD IS BOUND BY THE PROVISIONS OF THE HEALTH AND DISABILITY CODE REGARDING THE WAY OUR “CLIENTS” ARE MANAGED.***

1. Anyone receiving a health service has a right to be treated with courtesy and respect at all times.
2. All participants in training will remain mindful of the rights of others to dignity and modesty.
3. Even though this is a training session, therapists will pay attention to the rights of “clients”. Clients (receivers) have the right to refuse any particular technique, for religious/cultural/health reasons. However, it is expected that students in workshops or shared tutorials will participate fully in both practicing and receiving, as part of the learning process, and engage in the feedback process. If you are in a one to one tutorial situation, your Practice Person has these rights.
4. Participants will not make remarks about others with regard to appearance.
5. Honest feedback, delivered according to the coaching provided by your tutor, is a valuable learning tool and is encouraged.
6. Students are invited to behave in ways at all times that model the outcomes we are hoping to achieve - a “relaxation response” from the client, and a positive learning experience for the student.
7. No student will make any remark or innuendo that could be construed as sexual, nor engage in any touch other than therapeutic.
8. Students are expected to present themselves for training wearing appropriate clothing, with careful attention paid to personal hygiene.

## **REGISTRATION.**

**If you would like to register for this course, please contact your nearest tutor by going to the website [www.hht.co.nz](http://www.hht.co.nz) and searching via the Courses or Tutors pages. Your tutor will send you the Registration form and negotiate your training date and time.**