



Sacred Stone Crystal & Marma Facial Manual

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What is Sacred Stone Facial Therapy?

“Therapy is only as good as the therapist”

Sacred Stone Therapy blends the art of stone bodywork and facials with the amazing ancient science of Ayurveda. This treatment is designed to last 75 minutes. The client keeps all clothes on except for socks and shirt.

Of the five great elements that exist in the universe and within ourselves, it has been our observation that the wind element (ether & air), otherwise known as Vata, seems to be most out of balance in the majority of people who live in this fast-paced, multi-tasking part of the world today. We are referring to people who have email, a TV, 2.5 kids, voicemail, health issues, stressful jobs, cars, and confused relationships. That describes almost everyone in the United States, unfortunately.



The purpose is to reduce and calm the wind within us. This therapy is primarily wind-reducing, calming, peaceful and restorative. Sacred Stone Therapists pacify all the attributes that increase the wind within us. Every technique used during this 75-minute treatment has been thoughtfully designed to bring the body, mind and soul back into balance and renew the sweetness of life in a world where people are driving while eating their lunch.

We focus on anchoring the first (muladhara) and second (svadhisthana) chakra more than any other chakra in the body. These are the chakras that belong to the wind (vata). The sequence for the initial stone layout, and the final spinal layout is especially mindful of these 2 chakras. That is why they are the first chakras that the stone are applied and the last chakras in which the stones are removed.

This treatment also integrates the use of stones with the use of traditional massage and facial technique. Stone massage was never meant to replace the human touch. The way in which a certified Sacred Stone Therapist touches the body is critical for reducing the wind element. These wind-reducing techniques include wringing and squeezing the tissue out, much like water out of a sponge or air out of a balloon.

The direction of each stroke should flow through the terminal ends: Head & ears (also, hands, feet & sacrum if doing bodywork). The downward direction is called Apana Vayu, which is a Sanskrit word, meaning downward flow. It directly activates the earth energy and reconnects clients to the roots of their being. Grounding and anchoring are key objectives for this treatment.

For some clients, this therapy can bring deep release and alignment in body, mind and spirit. Sacred Stone Therapy brings most clients many times deeper into quietude and healing. For others, it means gently allowing the heat of the stones to soften tension and melt worries away. This therapy is designed to nurture, sooth, warm, and nourish and calm the entire person.

The beauty of this therapy is manifested in the compassion extended from the therapist to the client. This compassion becomes imprinted within the matrix of each stone.

Before a treatment begins, the therapist can either say a silent prayer of gratitude and intention or chant the traditional sacred sounds of "Hari Aum".

Warm stones and crystals are laid upon the body in a sequence that follows the ancient chakra system. The feet are massaged with warm castor oil and then warm, thin stones are placed between the toes in a pattern that balances the right and left hemispheres of the brain and gently stretches the toes apart.

Aromatic neem oil (high in antioxidants) is applied to the face and warm stones are smoothed over the facial marma points. A few drops of sinus clearing oil are breathed into the nostrils (This is optional). The neck and scalp are deeply massaged by skilled hands, followed by warm stone application. A stone is placed on the thymus gland; another stone taps it gently to activate its energy.

For estheticians, this is optional: The arms and hands are rubbed with warm oil and passively stretched. Each hand is supported on a warm stone that is placed on either side of the hips, which elevates the wrists, inviting the shoulders to relax down into the table. Crystals are placed on the forehead and an eye pillow is placed over the eyes. A floral spray is then misted over the face, cooling and moistening the skin.

The belly is massaged, softening the internal organs. A large belly stone is spun on the belly with gentle pressure in a rhythmic, soothing motion. Clients adore the "belly spin"! Ancient hand gestures (mudras) are applied for activating and polarizing the chakras and to expand the consciousness of the stones.