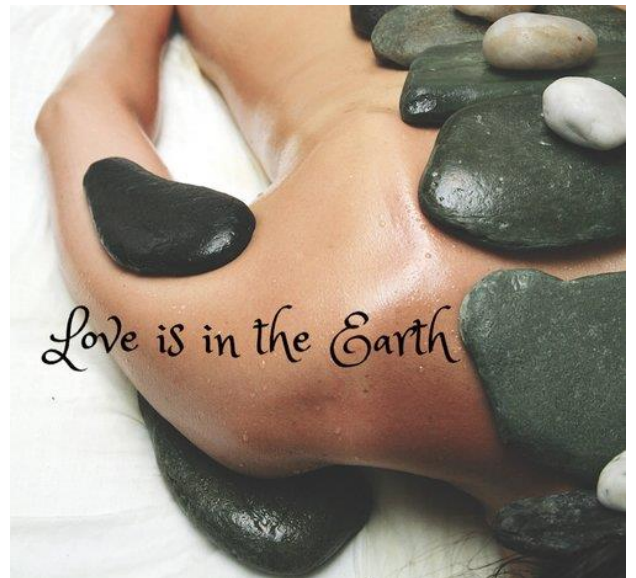


Sacred Stone Massage Therapy Table of Contents



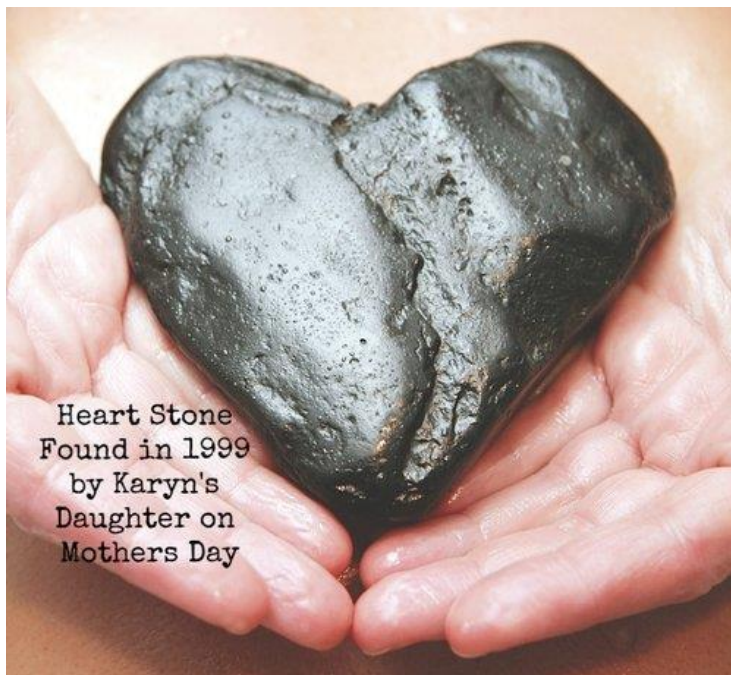
- Ayurvedic Blessing
- Stone Thermal Emanation Factor
- The Shakti Factor
- Recharge Your Stones
- Textural Distinction
- Getting Started
- Maintenance of the Heating Unit and Stones
- Stone Applications
- Application of Cool Quartzite Stones
- Stone Protocols: Eye Area
- Benefits of Laying Stones Directly on the Skin
- Toe Stone Application
- Five Sacred A's
- Colorful Stones and the Doshas
- Chakra Balancing with Stones
- Chakra Activation Techniques
- Precautionary Guidelines
- Sacred Stone Facial Sequence
- Summary of the Sequence
- Helpful Tidbits for Stone Therapists
- Benefits of Sacred Stone Therapy
- Five Great Elements
- Ayurveda Made Simple
- What's Your Dosha?
- How Does Sacred Stone Therapy
- Integrate Ayurveda?
- Attributes of Vata
- Seven Ayurvedic Constitutions
- Terminal Clearance
- Marma-Abyhanga Therapy
- Facial Marmas
- Ayurvedic Facial Analysis
- Ayurvedic Facial Diagnosis Key
- Stages of the Doshas
- Definition of Beauty
- Ayurvedic Beauty Mask Recipes
- Mudras
- Nasya Therapy
- Benefits of Abhyanga (daily oil massage)
- Ayurvedic Classification of Topical Oils
- Controversial Topical Ingredients



Sacred Stone School & Center

Karynchabot.com | 401-680-3934 | karyn@sacredstonehealing.com

- Raw Honey on The Skin for Beauty & Healing
- Ayurvedic Beautiful Breast Butter
- Electrical Frequency of Essential Oils
- Hymn to the Plants
- Neem Oil to the Rescue
- Rockaroma: Ayurvedic Aromatherapy
- Crystals Are Alive
- Create a Sacred Space with Crystals
- How to Activate and Program Your Crystals
- What Is a Crystal Pendulum?
- Protecting Your Pendulum
- Dedication Prayer for Crystals
- How to Work with the Crystal Pendulum
- Taking Care of the Healer
- Charaka's Life Tonics
- Marketing Tips
- Chorus of the Stones
- Stones You Will Need for Sacred Stone Facial Therapy
- Bibliography
- About Karyn
- Thank You!



Heart Stone
Found in 1999
by Karyn's
Daughter on
Mothers Day