

# Hot Stone Massage Home Study Course

15 CE Hours  
Online Study Guide

Presented by the:  
*Center for Massage Therapy Continuing Education*  
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It is the responsibility of the practitioner to determine the appropriateness of the techniques presented in terms within the scope of practice. This information is in no way meant to diagnose or treat medical conditions. Written medical opinions are always the best way to resolve any questions regarding contra-indications to hot or cold stone massage.

## **Instructions for the Hot Stone Massage home study course**

Thank you for investing in the Hot Stone Massage home study course, a 15 CE hour course designed to introduce you to hot and cold stone massage and its related theories. This guide will contain all of the instructions you will need to complete this course. This is a 15 CE hour course, so that means it should take you approximately 15 hours to read the text, watch the online video and complete the exam.

The textbook and online video will present many different techniques. Some of them correspond to each other, some do not. If you are not comfortable with any of these new techniques, we recommend taking advanced hands on training in stone massage before performing stone massage on your clients.

### **The following are steps to follow in completing this course:**

- 1. Read the textbook and watch the online video techniques located at <https://www.youtube.com/playlist?list=PLnvS9HaUaKta9UqSv6okLz0L7ptK mz6nW>. Your textbook will be mailed to you.**
- 2. Access the online examination at [www.massagetherapyceu.com](http://www.massagetherapyceu.com).**
- 3. Complete your examination and print your certificate. The exam is open book and there is no time limit for completion.**

You must pass the exam with a 70% or better to pass this home study course. Feel free to review your textbook while taking the test. This course uses the text *Hot Stone Massage, A Three-Dimensional Approach*, by Leslie Bruder. There are no trick questions on the exam. All of the answers are clearly found in the text.

It is advised to answer the exam questions in the study guide before testing online. That way, when you are testing you do not have go back and forth through the online exam.

Good luck as you complete this course. If you have any question please feel free to contact us at 866-784-5940, 712-490-8245 or by email at [info@massagetherapyceu.com](mailto:info@massagetherapyceu.com). Most state boards require that you keep your “proof of completion” certificates for at least four years in case of audit. Thank you for taking our Hot Stone Massage home study course.

# Hot Stone Massage Exam

## Chapter 1

1. What is hot stone massage?
  - A. The use of heated stones to address trigger points for the purpose of treating injury or other disorder, relieving pain and increasing a client's general state of well-being
  - B. The incorporation of heated or cooled stones into a session of traditional massage for the purpose of treating injury or other disorder, relieving pain and increasing a client's general state of well-being
  - C. The incorporation of heated or cooled stones into a deep tissue massage for the purpose of relaxation, relieving pain and increasing a client's general state of well-being
  - D. The use of cooled stones in a Thai massage session for the purpose of treating injury or other disorder, relieving pain and increasing a client's general state of well-being
2. In what year did Mary Nelson introduce LaStone therapy?
  - A. 1983
  - B. 1990
  - C. 1993
  - D. 1996
3. Which of the following are benefits of hot stone massage?
  - A. Induces relaxation and reduces residual pain
  - B. Softens muscular armor and decreases tissue swelling
  - C. Invigorates and increases brain function
  - D. All of the above
4. All of the following are differences between three-dimensional hot stone massage and traditional stone massage EXCEPT:
  - A. Three-dimensional hot stone massage follows different holistic principles
  - B. Using the three-dimensional approach, no portion of a body part is left out of the massage experience
  - C. Using the three-dimensional approach, less effort is exerted by the therapist to press the stone into the tissue
  - D. Three-dimensional massage has a fluid quality that is often missing from traditional manual therapy
5. Hot stones can be incorporated into which of the following healing modalities?
  - A. Reiki and energy work
  - B. Rolfing and deep tissue work
  - C. Facials, pedicures and manicures
  - D. All of the above

## Chapter 2

6. All of the following are effects of heat on the body EXCEPT:
  - A. Vasodilatation and increased flow of blood
  - B. Increased blood pressure and cardiac activity
  - C. Decreased muscle pain and tension
  - D. Activation of the parasympathetic nervous system
7. Heat is best used for \_\_\_\_\_ injuries, while cold is best used for \_\_\_\_\_ injuries.
  - A. Systemic, acute
  - B. Acute, chronic
  - C. Chronic, acute
  - D. Severe, mild
8. What is thermo-cryotherapy?
  - A. The application of heat to a particular body part
  - B. The application of alternating heat and cold to the body
  - C. The application of cold to the body
  - D. The application of compression with a cold stone
9. Which of the following is the best stone massage application when treating clients infected with HIV/AIDS?
  - A. Cold stones or cryotherapy
  - B. Hot stones or thermotherapy
  - C. Alternating heat and cold or thermo-cryotherapy
  - D. All of the above
10. Hot or cold stone massage should never be performed on a client (before consulting a physician) with which of the following conditions?
  - A. Arteriosclerosis
  - B. Cancer
  - C. Muscle injury/sciatica
  - D. Previous conditions
11. If you have a client experiencing bursitis, or symptoms of bursitis, which type of stone massage is recommended?
  - A. Hot stone massage
  - B. Alternating hot and cold stone massage
  - C. Cold stone massage
  - D. No type of massage is recommended

12. How can thermo-cryotherapy benefit clients suffering from sciatica pain?
- A. Thermo-cryotherapy is absolutely contraindicated when treating clients with sciatica
  - B. The combination of heat and cold can help promote inflammation while tensing the associated musculature
  - C. The combination of heat and cold helps to relax the tense muscles while eliminating inflammation
  - D. The combination of heat and cold can cure sciatica in just one treatment

### **Chapter 3**

13. What is the recommended height for the stone table when performing a stone massage?
- A. Knee high when you are standing
  - B. Waist high when you are standing
  - C. Chest high when you are standing
  - D. The same height as your massage table
14. What is a large pitcher of cold water used for during a stone massage?
- A. To refill the water in the warmer/skillet as it evaporates
  - B. To cool a warmer/skillet that has become too hot
  - C. To cool the bowl of cold water containing the cold stones
  - D. All of the above
15. What is the purpose of stone wrappers?
- A. In order to chill a stone which is too hot
  - B. In order to warm a stone that is too cold
  - C. To attach stones to the feet, forearms, ankles or knees
  - D. To prevent the direct contact of the stone with the body
16. It is important to ask clients if they have a sensitivity to aromas before using essential oils or scented massage oil.
- A. True
  - B. False
17. According to the author, which of the following items are not necessary for stone massage?
- A. Wheeled cart
  - B. Skillet lining
  - C. Rubber gloves
  - D. All of the above
18. A therapy room used for stone massage should have all of the following EXCEPT:
- A. Proper flooring such as hardwood or tile
  - B. Access to electricity
  - C. A wheeled cart
  - D. Access to running water

## Chapter 4

19. Which of the following is a characteristic of igneous rock?
  - A. It is formed by the cementing of transported mineral and rock grains
  - B. It is formed by the cooling and solidification of molten rock
  - C. It is formed through the transformation of pre-existing sedimentary or igneous rocks, or older metamorphic rocks
  - D. Common types are sandstone and limestone
20. Why is basalt one of the most popular and widely used stones for hot stone massage?
  - A. Its ability to hold heat
  - B. Its smooth texture
  - C. Its abundant availability and low cost
  - D. All of the above
21. Why is slate useful as a placement stone during hot stone massage?
  - A. Because of its smooth texture
  - B. Because of its rarity
  - C. Because of its large, flat smooth surfaces and thinness
  - D. All of the above
22. What is the ideal size for most working stones?
  - A. About palm sized
  - B. About hand sized
  - C. Perfectly round or symmetrical
  - D. About tip of the finger sized
23. What are tool stones used for?
  - A. To perform general massage strokes
  - B. To accomplish a particular technique
  - C. To place on the body
  - D. To place between the toes
24. What areas of the body are extra large placement stones appropriate for?
  - A. The feet or hands
  - B. The gluteal region
  - C. The abdomen or back
  - D. The hamstring region
25. How do you cure stones to be used for hot stone massage?
  - A. Steep them in oil and apply oven heat
  - B. Boil them in water
  - C. Boil them in detergent for 30 minutes
  - D. All of the above

26. How should cured stones be stored?
- A. Left uncovered in a cool dry place
  - B. In either water or an airtight plastic bag
  - C. Covered in a warm place
  - D. In a heated oven
27. How long should stones be boiled in order to clean and disinfect them?
- A. 10-15 minutes
  - B. 7-10 minutes
  - C. 3-5 minutes
  - D. 1-3 minutes

## **Chapter 5**

28. What does the author recommend for heating the stones?
- A. A pan of boiling water
  - B. Baking them in an oven
  - C. An large electric skillet
  - D. A crock pot
29. Approximately what skillet temperature (not stone temperature) is appropriate for keeping the stones warm?
- A. About 160 degrees
  - B. About 100 degrees
  - C. About 175 degrees
  - D. About 90 degrees
30. Which of the following temperature evaluations indicates that a stone is appropriate as a placement stone?
- A. You can comfortably hold the stone in your hand for no more than 5 seconds before having to switch hands
  - B. You can hold the stone in your hand for more than 5 seconds and it still has heat in it
  - C. You can hold the stone no more than 5 seconds before having to set it down
  - D. The stone is tepid
31. Stone temperatures can easily be regulated with hot and cold water.
- A. True
  - B. False
32. How long can working stones generally be used for before reheating or placing them?
- A. 3-5 minutes
  - B. 2-3 minutes
  - C. 1-2 minutes
  - D. 30-50 seconds



33. When does the author recommend using cold stones during a stone massage?
- A. On and around the eyes and on areas of inflammation
  - B. In cases of stagnant energy
  - C. At the end of the massage, if the client needs help “waking up”
  - D. All of the above
34. Why is the alternating of hot and cold stones a powerful tool for flushing an area of toxins?
- A. It brings a lot of fresh blood and oxygen to the muscles and skin
  - B. It brings inflammation into an acutely injured tissue
  - C. It can cure certain conditions by flushing toxins
  - D. It promotes ischemia in areas where excess toxins are present

## **Chapter 6**

35. What are static placement stones?
- A. Stones which are dynamic, as they occur during the flow of the massage
  - B. Stones that are used solely for the purpose of placement, not massage
  - C. Cold stones which are used for massage, not placement
  - D. Hot stones which are used when performing three-dimensional techniques
36. Which of the following types of stones is best used for palm placement?
- A. Long, flat stones
  - B. Thick, round stones
  - C. Small, flat stones
  - D. Curved, oblong stones
37. It is important to check in with the client after each stone placement to be sure the temperature is not too hot.
- A. True
  - B. False
38. Which of the following is an example of a stone layout for beneath the supine client’s body?
- A. Simple pleasure
  - B. Chakra dance
  - C. Concave rave
  - D. Frontal shebang
39. What is the focus of the “chakra dance” stone layout on top of the supine client’s body?
- A. To balance the chakras and open and realign the energy vortices
  - B. To ground and cleanse the client’s energy
  - C. To deeply penetrate warmth directly into the spine
  - D. To energize the client and remove toxins

40. When is the “backside shazam” especially soothing?
- A. At the beginning of the massage
  - B. In the middle of the massage
  - C. At the end of the massage
  - D. All of the above
41. Which of the following is the recommended procedure for removing stones from beneath the client’s body?
- A. Ask the client to sit up and remove the stones
  - B. Gently roll the client to their side during the massage and remove the stones
  - C. Ask the client to roll to the side and remove the stones
  - D. Have the client remove the stones which are no longer warm enough
42. Working stones cannot become placement stones.
- A. True
  - B. False

## **Chapter 7**

43. In the four pile system, which of the following piles should be the least hot to start with?
- A. Pile four
  - B. Pile three
  - C. Pile two
  - D. Pile one
44. In the four pile system, approximately how many stones should remain in pile four?
- A. 6-8
  - B. 3-5
  - C. 16-20
  - D. 12-16
45. Which of the following is a benefit of using oil rather than cream during a hot stone massage?
- A. Oil takes less time to apply
  - B. Oil spreads out quickly and evenly over a stone
  - C. Oil promotes a seamless flow to the massage
  - D. All of the above
46. How does the author recommend beginning the hot stone massage?
- A. With your hands alone
  - B. With a cold working stone in your hands
  - C. With a hot working stone in your hands
  - D. By asking the client if they would like to begin with stones or not

47. What are the three main elements of proper stone entrance?
- A. Texture, temperature, and timing
  - B. Size, width and shape
  - C. Approach, timing and temperature
  - D. Approach, texture and timing
48. How should a stone be introduced to the skin?
- A. Quickly, placing the entire stone where you want to leave it
  - B. Gently, making contact with the entire stone at once
  - C. Gradually, never applying the entire stone against the skin at once
  - D. Gradually, only applying the entire stone at once if it is hot
49. When massaging with a stone, it is important that only the stone makes contact with the client's skin.
- A. True
  - B. False
50. The speed at which you move the stone along the client's body depends on which of the following?
- A. Temperature
  - B. Quality and size of area
  - C. Purpose and intention
  - D. All of the above
51. All of the following are safety guidelines, or common errors, that need to be avoided during stone massage EXCEPT:
- A. Burning yourself or your client
  - B. Deeply relaxing the client
  - C. Shocking the client
  - D. Creating lightheadedness

## **Chapter 8**

52. Which of the following is a way to create a constant flow during the massage session?
- A. Overlap your hands and stones creating continuity
  - B. Place your hand and stone on the client all at once
  - C. Make seamless transitions between body parts
  - D. Both A and C
53. What is the action of the "father" hand in the "mother-father technique"?
- A. The father hand acts to push the tissue towards the mother
  - B. The father hand works specifically and deeply
  - C. The father hand is the stone which supports the mother hand
  - D. The father hand is used in a broad fashion to penetrate tissues

54. What is the difference between active and passive resistance?
- A. Active resistance requires participation from the client while passive resistance does not
  - B. Passive resistance requires participation from the client while active resistance does not
  - C. Active and passive resistance are the same thing
  - D. Passive resistance is more effective than active resistance
55. The concept of working three-dimensionally during hot stone massage involves which of the following techniques?
- A. Embracing and undulating
  - B. Moving the body in space
  - C. Using your own body movement to move the client
  - D. All of the above
56. What is the proper leg positioning of the therapist while massaging in the staggered stance?
- A. Feet shoulder length apart parallel to each other both facing forward
  - B. Both knees bent in a 45 degree angle
  - C. One leg in front of the other, with your feet mimicking your hands
  - D. Sitting in a chair with both feet flat on the ground
57. Which of the following describes the proper way to lift a client's body part?
- A. Lift from the joint
  - B. Lift from the middle of the muscle
  - C. Lift from the heaviest point
  - D. Bend at the waist when lifting
58. Which of the following is a way to create more pressure in your strokes without being invasive or injuring yourself or your client?
- A. Use your own body weight
  - B. Drop in vertically when working above the client's body
  - C. Use your client's body weight
  - D. All of the above
59. How can you protect your wrists while performing massage?
- A. Bend your wrists at a 90 degree angle
  - B. Keep your wrists as straight as possible
  - C. Abduct your wrist as much as possible
  - D. Adduct your wrist as much as possible

## Chapter 9

60. When using a tool stone, the stone is the only thing that makes contact with your client's skin.
- A. True
  - B. False
61. When is it appropriate to use a sharper pointed tip on a tool stone to treat a client?
- A. When an area of tension or a trigger point is not buried quite as deeply
  - B. When a client cannot tolerate as much pressure
  - C. When an area of tension or a trigger point is located deep within the client's muscle
  - D. All of the above
62. Which of the following types of tool stones is required to perform "edging"?
- A. Concave tool stone
  - B. Narrow edged tool stone
  - C. Curved tool stone
  - D. Pointed tool stone
63. What is "tapping"?
- A. A technique used to send energetic vibration into the body by striking the edges of placement stones against one another
  - B. A technique in which the sides of two stones are vigorously scrubbed against each other to create an energetic vibration
  - C. A technique which sends very specific vibration vertically into the body by tapping one stone directly down onto a placement stone
  - D. A technique used to open a muscle by using the edge of a stone to push or scrape the muscle fibers
64. Which of the following is a benefit of performing "friction"?
- A. Helps to increase circulation and break up dense, contracted tissue
  - B. Helps to send energetic vibrations vertically into the client's spine
  - C. Encourages circulation of cerebrospinal fluid
  - D. All of the above
65. "Gliding" in hot stone massage is very similar to an \_\_\_\_\_ stroke but done with a stone.
- A. Petrissage
  - B. Friction
  - C. Compression
  - D. Effleurage
66. The "elephant walking" technique is comparable to:
- A. Gliding with stones
  - B. Friction with movement
  - C. Compression with movement
  - D. Petrissage using stones

67. Using stones on both sides of the body at once to envelop the body in warmth in an example of which hot stone technique?
- A. Teetering
  - B. Sandwiching
  - C. Alternating
  - D. Sneaking under

## Chapter 10

The three-dimensional techniques outlined in Chapter 10 are meant as a guide to learning hot stone massage techniques. They are not meant to teach advanced hands on techniques. Not all of the strokes discussed will be outlined in the DVD. Many of the techniques presented require advanced massage training. If you are not comfortable performing these techniques on clients, it is recommended that you seek advanced hands on training to incorporate three-dimensional techniques. The DVD will outline many techniques which you may find easier to master.

68. Proper draping with the sheet is especially important when performing three-dimensional strokes, which often require you to move the client's body in space.
- A. True
  - B. False
69. What is the purpose of performing opening strokes?
- A. Promoting relaxation
  - B. Centering within the client
  - C. Centering within the therapist
  - D. All of the above
70. The "waterfall" technique is used to free up the client's:
- A. Cervical vertebrae
  - B. Lumbar vertebrae
  - C. Temporomandibular joint
  - D. Shoulder girdle
71. Which of the following is a difference between the three-dimensional arm effleurage and regular arm effleurage?
- A. Three-dimensional arm effleurage works both sides of the arm at once
  - B. Three-dimensional arm effleurage relies on your weight for pressure
  - C. Three-dimensional arm effleurage goes beyond the shoulder and neck
  - D. All of the above
72. The "lat pump" is a stroke for releasing tension in which of the following muscles?
- A. The levator scapulae
  - B. The rhomboids
  - C. The latissimus dorsi
  - D. The quadratus lumborum

73. What is the “lumbar torque” stroke used for?
- A. Stretching and releasing tension in the sacrum and hamstrings
  - B. Straightening out the body after performing the “rag doll”
  - C. Stretching and releasing tension in the lower back
  - D. Straightening out the body after performing “the frog”
74. Techniques used for treating the leg include all of the following EXCEPT:
- A. The fullback
  - B. Three-dimensional effleurage
  - C. Leg over sequence
  - D. The frog
75. What is the “forearm frenzy” technique used for?
- A. To work the forearms three-dimensionally
  - B. To work the upper thoracic region with your forearms
  - C. To stretch and release the lower back
  - D. To use vertical pressure with your forearms on the client’s cervical vertebrae
76. Which of the following conditions may be a contraindication for the “teres tango” stroke?
- A. Sciatica
  - B. Temporomandibular joint disorder
  - C. Rotator cuff tear or injury
  - D. Plantar fasciitis
77. Which of the following sizes of working stones are best for massaging the back of the legs?
- A. Small to small-medium
  - B. Any size will work
  - C. Large
  - D. Medium to medium-large
78. The closing stroke “bubbling spring/palace of weariness” is named for the two acupuncture points that you stimulate at the end of the stroke.
- A. True
  - B. False

This completes the Hot Stone Massage exam.