

Stone Massage Basics Home Study Course

5 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 stone or gem massage.

Instructions for the Stone Massage Basics home study course

Thank you for investing in the Stone Massage Basics home study course, a 5 CE hour course designed to further your knowledge in the principles and practice hot stone massage.

This guide will contain all of the instructions you will need to complete this course. This is a 5 CE hour course, so that means it should take you approximately 5 hours to read the textbook, watch the supplemental online videos, and complete the multiple choice exam and course evaluation.

The following are steps to follow in completing this course:

- 1. Read the instructions and review the textbook and exam. Your textbook will be mailed to you.**
- 2. Access the online examination by logging in to your account at www.massagetherapyceu.com. Once there, click on the student login link on the top left and enter your information.**
- 3. Access the online technique demonstration video bank by following this link: <https://www.youtube.com/playlist?list=PLnvS9HaUaKta9UqSv6okLz0L7ptK mz6nW>. There are approximately one hour of online video clips available demonstrating basic stone massage techniques.**
- 4. 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. You are allowed to access and take the exam up to 3 times if needed. There is no time limit when taking the exam and you can save your answers and return at a later date if needed. Feel free to review the textbook while taking the test. This course uses the text *Hot stone and Gem Massage*, by Dagmar Fleck and Liane Jochum. 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 this study guide before testing online. That way, when you are testing you do not have go back and forth through the online exam.

If you have any questions please feel free to contact us at 866-784-5940, 712-490-8245 or 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 Stone Massage Basics home study course.

Stone Massage Basics Exam

Chapter 1

1. The first detailed descriptions of massage techniques appear around _____ in China.
 - A. 2700 BCE
 - B. 3000 BCE
 - C. 3300 BCE
 - D. 3500 BCE
2. The use of the term massage originated in what time period?
 - A. The fourteenth and fifteenth centuries
 - B. The sixteenth and seventeenth centuries
 - C. The seventeenth and eighteenth centuries
 - D. The eighteenth and nineteenth centuries
3. _____ developed a rhythmic massage which expanded classical massage with its knowledge of anthroposophical medicine and its beliefs about innate human wisdom.
 - A. Galen
 - B. Paracelsus von Hohenheim
 - C. Hippocrates
 - D. Dr. Ita Wegmann
4. Where does hot stone massage have its origins?
 - A. Hawaii
 - B. China
 - C. Asia
 - D. Nepal
5. All of the following are benefits of hot stone massage EXCEPT:
 - A. Improves circulation
 - B. Weakens lymph flow
 - C. Has a calming effect
 - D. Strengthens the immune system
6. All of the following are contraindications or cautions to hot stone massage EXCEPT:
 - A. Fever
 - B. Skin rashes
 - C. Stress
 - D. Thrombosis
7. Each of the main meridians – mirror images that run along both sides of the body – is linked to a/an _____, with one of each meridian pair linked to a hollow organ (yang meridian) and the other linked to a storage organ (yin meridian).
 - A. Internal organ
 - B. External organ
 - C. Energy flow
 - D. Reflexology point

8. How many chakras are used in hot stone massage?
- A. 5
 - B. 7
 - C. 8
 - D. 9
9. Chakras are:
- A. Not only intersection points along the extremities of the body where the different energy cycles meet but can also be viewed as surrounding fields with bodylike contours
 - B. Not only intersection points along the center of the body where the different energy cycles meet but can also be viewed as surrounding fields with bodylike contours
 - C. Not only random points along the extremities of the body where the different energy cycles overlap but can also be viewed as surrounding fields with bodylike contours
 - D. Not only nerve pathways along the center of the body where the different energy cycles join but can also be viewed as surrounding fields with bodylike contours
10. The nose chakra:
- A. Is the center of our feelings and steers our desire for fulfillment
 - B. The seat of our ability to communicate
 - C. The seat of our instincts and intuition
 - D. Expresses our life areas as inspiration or as nightly dreams
11. The warming stones of hot stone massage:
- A. Sedate the chakras in their movement without manipulating the direction of the movement in any way
 - B. Sedate the chakras in their movement while manipulating the direction of the movement
 - C. Stimulate the chakras in their movement without manipulating the direction of the movement in any way
 - D. Stimulate the chakras in their movement while manipulating the direction of the movement

Chapter 2

12. Which of the following is a characteristic of basalt?
- A. Has a low density and a relatively heavy weight
 - B. Has a high density and a relatively heavy weight
 - C. Has a low density and a relatively light weight
 - D. Has a high density and a relatively light weight
13. Basalt contains all of the following minerals which have healing effects on the body EXCEPT:
- A. Silicone
 - B. Calcium
 - C. Magnesium
 - D. Iron

14. Natural basalt stones similar to those from Hawaii can be found in:
- A. The Canary Islands
 - B. Iceland
 - C. Southern Italy
 - D. All of the above
15. The effectiveness of hot stone massage depends on all of the following EXCEPT:
- A. The skill and internal disposition of the person carrying out the massage
 - B. The quality of the stones
 - C. The type of draping used
 - D. The selection and quality of the massage oil
16. Which of the following oil's fatty acid composition is similar to that of fatty tissue in the lower skin layers, and its natural vitamin E promotes elasticity and resilience?
- A. Almond oil
 - B. Macadamia nut oil
 - C. Olive oil
 - D. Evening primrose oil
17. Essential oils have:
- A. A very light molecular structure that enables them to penetrate deeply into the body's structure
 - B. A very light molecular structure that prevents them from penetrating deeply into the body's structure
 - C. A very heavy molecular structure that enables them to penetrate deeply into the body's structure
 - D. A very heavy molecular structure that prevents them from penetrating deeply into the body's structure
18. All of the following are benefits of using lavender oil EXCEPT:
- A. Reduces infection
 - B. Promotes regeneration of the skin
 - C. Its essence removes blockages in the skin by stimulating lymph flow
 - D. Weakens and stimulates the nerves
19. Which of the following is grown in eastern India?
- A. Rose
 - B. Sandalwood
 - C. Melissa
 - D. Vanilla
20. When adding essential oils to base oils, to one-fourth cup basic oil, add:
- A. At most 10 to 15 drops
 - B. At least 10 to 15 drops
 - C. At most 20 to 25 drops
 - D. At least 20 to 25 drops

Chapter 3

21. All of the following will create the proper atmosphere and ambience in your massage room EXCEPT:
- A. Bright lights
 - B. Having the stones in a place you can reach without having to interrupt the massage for extended periods of time
 - C. A warm massage table
 - D. Gentle relaxing music
22. One way to protect yourself from negative energy is to:
- A. Visualize a blue bubble that envelops your workspace
 - B. Visualize a violet bubble that envelops your workspace
 - C. Visualize a yellow bubble that envelops your workspace
 - D. Visualize a pink bubble that envelops your workspace
23. All of the following should happen before the massage EXCEPT:
- A. Ask how the person is feeling, explain the sequence of the treatment, and ask whether there are any contraindications that might complicate the massage
 - B. Ask the client if they have any needs or preferences, and adjust the treatment accordingly
 - C. Before you use essential oils, be it in the massage oil or as a scent in the room, first let the person smell the oil
 - D. Placement of a cool towel on the face, soaked in water enriched with a drop of orange petal oil
24. Which of the following is appropriate to recommend to your client after the massage?
- A. Stay indoors
 - B. Purchase products you recommend
 - C. Drink plenty of water
 - D. Remain sedentary
25. Which of the following is the recommended cleansing method for gems and crystals?
- A. Boiling them directly in the stone warmer
 - B. Cleansing them in a resonant singing bowl and then resting on an amethyst or druze crystal (geode)
 - C. Washing the hot gems and crystals immediately in cold water
 - D. All of the above

Chapter 4

26. Which of the following is the correct warming temperature for basalt stones?
- A. 80 to 100 degrees F
 - B. 100 to 120 degrees F
 - C. 120 to 140 degrees F
 - D. 140 to 160 degrees F

27. Once the placement stones have been set with the client in the prone position, how long should you allow the client to rest and warm up before beginning the massage?
- A. About a minute
 - B. About five minutes
 - C. About ten minutes
 - D. About fifteen minutes
28. Hot stone massage on the back concludes with:
- A. Gently stimulating the sacral stone using light movement
 - B. Placing stones on the back chakra areas
 - C. Stroking the back using hot stones
 - D. Stroking the back with your hands
29. How do you choose stones for working on the arms?
- A. Choose two stones in a size that matches the diameter of the arms
 - B. Choose two stones in a size that will cover the palms
 - C. Choose two stones in a size that will fit between the fingers
 - D. Choose two stones in a size that matches the length of the arms
30. Massage of the legs begins and ends with:
- A. Stroking the leg using stones
 - B. Stroking the leg with hands
 - C. Circles on the calf
 - D. Circles on the thigh
31. After the client has turned, stones are placed under the back in all of the following areas EXCEPT:
- A. Sacral chakra
 - B. Crown chakra
 - C. Solar plexus
 - D. Thymus area
32. Small, warm basalt stones are wonderfully effective for _____, especially when placed between the individual toes, and stones behind the knees improve energy flow in the legs.
- A. Inhibiting lymph flow
 - B. Stimulating lymph flow
 - C. Inhibiting energy flow
 - D. Stimulating immune response
33. Massage using stones on the feet includes which of the following strokes?
- A. Small circles and pulling the stone down the length of the foot
 - B. Large circles and pulling the stone down the length of the foot
 - C. Small circles and pulling the stone across the length of the foot
 - D. Large circles and pulling the stone across the length of the foot

34. Massage of the arms begins and ends with:
- A. Stroking the arm using stones
 - B. Massaging the palm
 - C. Circles on the arm
 - D. Stroking the arm with hands
35. Which of the following stones needs to be removed for massage of the chest and neck area?
- A. The stones placed on the brow and heart areas
 - B. The stones placed on the root and crown areas
 - C. The stones placed on the brow and crown areas
 - D. The stones placed on the root and heart areas
36. About what size stones should be used for massage of the head?
- A. Two stones about the size of the recipient's ear
 - B. Two stones about the size of the recipient's palm
 - C. Two stones about the size of the recipient's sacrum
 - D. Two stones about the size of the recipient's forehead
37. For facial massage, where are small placement stones placed?
- A. On the areas of the neck and chakras
 - B. On the areas of the sinuses and the chin
 - C. On the areas of the neck and forehead
 - D. On the areas of the sinuses and the chakras
38. What is a gemstone massage stick?
- A. Circular shaped basalt stones, about 3 to 4 inches in length, that can be used for facial massage
 - B. Cone shaped gems, about 3 to 4 inches in length, that can be used for facial massage
 - C. Circular shaped gems, about 3 to 4 inches in length, that can be placed on the sinuses during facial massage
 - D. Cone shaped basalt stones, about 3 to 4 inches in length, that can be placed on the sinuses during facial massage
39. The gems or crystals used for the gemstone chakra treatment are:
- A. Heated to 104 degrees F
 - B. Cooled to 50 degrees F
 - C. Used at room temperature
 - D. Heated to the client's body temperature
40. In the basalt water treatment, where are the warmed stones placed?
- A. On the body areas that remain wet, indicating weak energy zones, and left there until the back is completely dry
 - B. On the body areas that dry quickly, indicating weak energy zones, and left there for five minutes
 - C. On the body areas that remain wet, indicating high energy zones, and left there for ten minutes
 - D. On the body areas that dry quickly, indicating high energy zones, and left there until the back is completely dry

This completes the Stone Massage Basics exam.