

# The Full Body Hot Stone Massage Essentials



## 1-Hour Hot Stones Massage Sequence (Timing Guide)

These are approximate timing suggestions to help you pace a full-body 60-minute hot stones massage. Feel free to adjust slightly based on your client's needs and preferences.

### Client Face Down:

- **Feet and Legs:** 10 minutes
- **Back:** 20 minutes

### Client Face Up:

- **Neck, Face, and Head:** 15 minutes
- **Arms, Hands, Legs, and Feet:** 15 minutes

This sequence allows you to deliver a relaxing, well-balanced treatment that covers the whole body without feeling rushed. Use it as a guide, not a rule—some clients may need more time in certain areas, and that's perfectly okay.

## **The Goldilocks Method: Placing Stones on the Back**

When placing stones on the back of the body, aim for the "just right" approach. Too many stones can make the treatment feel cluttered, complicated, and interrupt the flow. Too few, and it may feel incomplete or underwhelming.

Use just enough stones to provide warmth to key areas. Placement should feel intentional, simple, and allow room for the therapist to work around them with ease.

### **Tips:**

- **Always test the stone temperature on your wrist first.**
- **Use a towel as a barrier between the stones and the skin.**
- **Place stones slowly and mindfully to avoid disrupting relaxation.**

## **How I Start the Session**

Before placing any stones, I begin with massage over the towel so the client feels my hands first. This builds trust, introduces touch gently, and gives me a sense of where the tension is. After that, I do some light foot massage to begin grounding the client.

Only then do I place the stones on the back, using the Goldilocks method. I finish this opening phase with a little more foot massage while the stones begin warming the back muscles.

### **Tips:**

- **Always connect with your client first through your hands.**
- **Start slow to allow both you and the client to settle in.**

## **The Back of the Legs**

Once the stones are placed on the back and the client is settled, I begin working on the back of the legs. This area supports larger muscle groups and responds beautifully to heat.

The aim here is to start creating a sense of flow through rhythm, warmth, and a calm presence. There's no rush—this is about relaxing the tissue gradually and allowing the client to ease further into the session.

### **Tips:**

- **Avoid placing pressure directly behind the knees.**
- **Always be mindful of heat sensitivity on the legs.**
- **Let your bodyweight do the work—not your hands.**

## **Now We Begin the Back**

Now that both legs are done and the client is deeply relaxed, we move on to the back. This is often the most anticipated part of the treatment, and where the stones can really shine—melting away tension and allowing for deeper, slower work without strain.

Start by removing the placement stones gently, one at a time. As you take them off, be mindful not to break the client's sense of relaxation. Use warm hands to maintain connection, or place a towel momentarily over the area before continuing.

Take a moment to connect with your hands before introducing the stones. There's no rush—let your presence and rhythm guide the transition.

Once the body is ready, begin integrating the stones slowly and intentionally. Allow the warmth to soften the tissues while you move with calm, steady focus. Switch stones as needed to maintain consistent temperature, and keep your movements fluid and grounded.

Work at a pace that matches the client's state. Stay tuned in to how the body responds and let your hands—and the heat—do most of the work.

### **Tips:**

- **Avoid placing stones directly on the spine.**
- **Stay aware of how your own body is moving.**
- **This is the core of the session—move with intention.**

## **The Neck: Where Tension Hides**

Once the back is complete, I transition to the neck. This area holds more tension than most clients realize. It's sensitive and close to the nervous system, so everything here should feel soft and safe.

I start with warm hands and gentle contact, allowing the body to register the shift. Then, with stones, I introduce subtle movements and light pressure, giving the client a sense of release without effort.

## **Face and Head: Cooling and Calming the Mind**

After all the warmth throughout the body, I like to introduce a brief moment of cool contrast to the face. This helps bring a sense of clarity and refreshment to the end of the session.

I use smooth stones cooled to a comfortable temperature, and introduce them gently. It's a calming, finishing moment that can also help reduce facial puffiness and tension. I also do nice facial massage and pressure points and some heavenly scalp massage.

I always end with a pause—a moment of stillness, connection, and grounding through the base of the Skull and neck

**Tips:**

- **Introduce cool stones slowly—never startle the client.**
- **Avoid prolonged use of cold—just a touch is enough.**
- **Keep your own energy soft and quiet here.**

## **The Arms and Hands : Smoothing, Soothing, and Connecting**

The arms are often neglected, but they're a vital part of helping the client feel complete and integrated. I approach them as a transition between the deeper back work and the lighter finish.

Keep the rhythm gentle and connected. Include the hands, wrists, and forearms with steady, flowing movements. Let the warmth move outward, helping the client feel extended support and full-body care.

**Tips:**

- **Support the arm properly so the client can relax.**
- **Stay mindful of the elbow joint—it can be sensitive.**
- **Include the hand as a point of grounding.**

## **The Front of the Legs: Light, Flowing, and Finishing Strong**

This is often the final section of the body before returning to the feet. It should feel fluid, light, and intentional—balancing out the warmth and weight of the deeper areas.

I keep everything relaxed and avoid stimulating too much here. The client should feel their body being completed—not reactivated.

**Tips:**

- **Avoid working directly over the kneecap.**
- **Keep your strokes slower and lighter than the back.**
- **Let this part be about integration and balance.**

## **The Grand Finale: An Amazing Foot Massage**

We finish the treatment with one of the most loved and grounding parts of the entire session—a deeply relaxing foot massage.

By now, your client is warm, relaxed, and deeply settled into their body. The feet are the perfect place to end, helping them feel supported, complete, and reconnected from head to toe.

This final touch helps your client feel cared for, grounded, and completely relaxed—and it's often the part they remember most.

### **Tips:**

- **Keep your movements slow and consistent.**
- **Stay present—don't rush to the end.**
- **Let this be a moment of stillness and gratitude for both of you.**