

## USE OF SALT MASSAGE STONES AND UPCOMING PROTOCOL

While there are many ways you can presently use Samadhi Salt Stone Massage Bars with the Salt Stones Warmers including skin exfoliation and detoxification, mini salt scrubs, cellulite treatments, skin conditions, etc., we are currently working with massage and esthetic professionals and developing our own unique protocol. This will be ready early Spring of 2008 and will include a complete manual along with a DVD to follow. Please sign up on our web site or call 812-303-0701 in early 2008 for more details. We are also very interested in your use of Salt Stone Massage Bars in your own practice and would welcome any feedback.



Heart Shaped Massage Stones

## HOT STONE MESSAGE / SALT STONE THERAPY

While hot stone massage is an established bodywork modality, Salt Stone Therapy/Massage is new and still in its infancy. Salt Stones may be used in hot stone therapy especially when the therapeutic aspects of salt may be needed or the energy properties of the salt crystal is warranted- Reiki for example. Of course, salt bars may eventually pit or corrode on the surface and can't be warmed to the exact temperatures of hot stones with water heated bathes but with their therapeutic, crystal and sanitary properties, they have advantages which are not present in traditional hot stones. Not the least of these is the anti-microbial nature of salt, which can quickly kill almost all viruses, bacteria, and fungi in short order. Please check our web sit for updates on unique ways to use Samadhi Salt Massage Therapy in your practice.



Assorted Salt Stone Warmers

## Samadhi Salt Stone Massage Therapy

A unique and revolutionary new way to use heated salt bars/stones in massage, esthetics, skin care, etc!

### The Salt

The **finest** and **purest** in the world is **100%** Himalayan Salt and only Samadhi Salt has been accurately analyzed by a marine Oceanographic laboratory (Battelle).

- **Salt Stones:** Samadhi Salt Stones/Bars are milled and polished into different shapes so they can be used on the skin either in a traditional hot stone manner, as an exfoliate/skin detoxifying or in energy work such as Reiki.

- **Salt Stone Warmers:** Custom designed bowls of different sizes depending on use for heating stones by contact with warmed chunks of rough salt.

[www.SamadhiTradingCompany.com](http://www.SamadhiTradingCompany.com)



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# SAMADHI

## Salt Stone / Massage

# T h e r a p y™



## 100% Pure Himalayan Salt

### Massage Stones Salt Stone Warmers Bath & Scrub Salts Salt Crystal Lamps



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# FREQUENTLY ASKED QUESTIONS

## SAMADHI SALT STONE MASSAGE/THERAPY

### How do I use Samadhi Salt Stone Bars and Warmers in my current skin care, massage or bodywork practice?

Since warming/heating increases the efficiency of salt, these stones may be used in traditional ways that salt has always been used. For example, substituting these heated stones for powder or granulated bath salt for detoxification, exfoliation, cellulite reduction, etc can provide a unique and effective way to provide similar and many times, superior, results.

Since Salt Stones are true crystals and not basalt or river rocks used in traditional hot stone massage, they may be incorporated into energy modalities as well as substituted for other types of stones.

### What about some of the problems associated with hot stones-sanitation issues or the heat causing discomfort or even burning a client?

While Salt Stones do not get as hot as the ones used in traditional hot stone massage, they can cause discomfort and even burn if their temperature is too high. Although thermometers can be used (for human skin 115 degrees is about the limit to be safe) the best way is for the therapist to feel by hand. If it's too hot for your hand then DO NOT use on the client. Sanitation and disinfecting -areas of great concern with hot stone massage- are much less problematic with Salt Stones. Salt is a natural disinfectant and is an extremely effective anti-microbial agent.

### How do I clean the Stones?

You can use alcohol and other surface disinfectants but we recommend using a slightly damp plastic scrub pad and then placing the Stones back on the warmer or in the open air to dry. If using carrier or essential oils, it is important to clean and dry the Stones as soon as possible to prevent degradation.

### How long will Salt Stones last?

It depends on how they are used. While they can degrade and pit over time by contact with human skin, using carrier and essential oils can also hasten the process. Never use water as a lubricating medium as, of course, water will dissolve salt.

### What oils do you recommend?

As carrier oils, we suggest organic Jojoba and virgin olive but any traditional oil used in bodywork or skin care can be used with the Stones. Essential oils for skin care might include Rosemary for oily conditions, Patchouli for minimizing scar tissue, Lemon for cellulite reduction and eczema. Always keep in mind your clients sensitivity and spot test before wholesale use particularly when utilizing essential oils.

### What size bulbs should I use for my Samadhi Warmer?

Your warmer will come with the proper wattage bulb(s) but as a general rule no larger than 25 watt for a single bulb unit and up to 60 watt for 2 and 3 bulb warmers. Replacement bulbs may be obtained at hardware stores or from SamadhiTradingCompany.com.

### Can I use the Stones without heating and if heated can this be done without using a Samadhi Warmer?

Unheated Stones can be used without heating but warming the Stones increases their effectiveness. Our open air Warmers have been specifically designed for this purpose as Salt Stones have some unique qualities that require special warming conditions and they are warmed directly by incandescent light bulbs. Since salt is hygroscopic which means it pulls moisture from the surrounding air and microwave ovens and other home appliance devices have to be operated closed, these will sometimes work but can cause rapid degradation and sometimes crack and split the Stones. You obviously would never use a traditional hot stone water bath heater. Samadhi Salt Stone Warmers also provide a beautiful and therapeutic enhancement to any professional environment.



### What size Samadhi Warmer should I purchase for my practice?

It depends on how you intend to use the Stones and Warmer. For example, if you only want to use it for spot treatment of skin conditions or as an addition to an already established massage therapy treatment, one of our smaller Warmers should suffice. If you intend to substitute for a complete hot stone massage or become involved in our coming protocol (see Protocol section) then you might want to consider one of our larger Warmers which can handle more stones and are more versatile. More stones may be added to any warmer by removing the warming chunks.

### What about other uses for Samadhi Salt Stones and Warmers?

We receive many reports of individuals using the warmed Stones for migraine and tension headache relief. Some spas and therapists, which don't want to do traditional salt scrubs using special furniture, the need for showers and wraps, etc. have used the Stones for localized "salt scrubs" for general skin care. We have reports of psoriasis, eczema, oily skin and other conditions responding favorably to Salt Stone Therapy. Also, many are familiar with Himalayan Salt Crystal lamps and their ability to ionize and clean the surrounding air by producing negative ions. With the same Himalayan salt in the Warming Chunks, Samadhi Salt Stone Warmers provide the same air cleansing ability while providing a beautiful ambiance to any room.

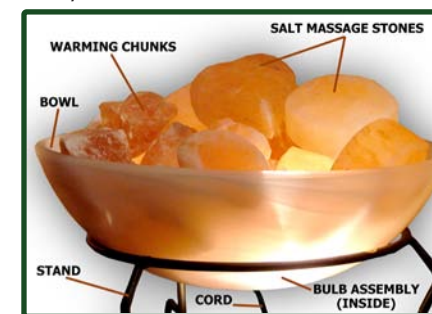
### How long will it take the stones to warm before they are ready for use?

This depends on the type of Samadhi Warmer you have and how many stones you will be using. Even on a smaller warmer, a few stones may be heated quickly by placing them near or touching the bulb. Warmers may be connected to basic appliance timers so they turn on before the start of the business day or a clients appointment.

### How to set up your Samadhi Salt Therapy Bowl

Carefully remove the items from the box. Setup the stand and place the bowl upside down on a table. Do not put the Warming Chunks in the bowl until after you install the light bulb. 2 and 3 bulb assemblies are positioned by placing the plug through the hole in the bowl and then screwing in the light bulbs, and then carefully placing the warming chunks around each bulb.

Single light warmers use a butterfly clip to attach the light to the bottom of the bowl. Pinch the clip so it locks the cord into the bottom hole or ring of bowl. After the cord is secured, screw in the supplied bulb and place the bowl in the stand. Now carefully place the warming salt chunks around and over the light bulb. Warming chunks can make contact with the bulb, but try to avoid placing the weight of chunks directly on the bulb, or pressing the chunks too tightly against the bulb as this could cause breakage, fracturing or failure of the bulb. Turn on the bulb using the switch on the electrical cord, then carefully place the massage stones on top of the warming chunks to heat them. It will take a few minutes for the massage stones to get warm to the touch. After each use, rinse the massage stones with water and dry with a cloth.



### PRECAUTIONS

- DO NOT** change or replace the bulb unless the electrical cord is disconnected from the power source.
  - DO NOT** place wet stones on the warmer as water can cause electrical shock.
  - DO NOT** move the warmer without disconnecting the electrical cord or removing warming chunks.
  - DO NOT** use the warming bowl if electrical cord is damaged in any way, or if the bowl is cracked or chipped.
  - DO NOT** remove or unscrew broken bulbs with bare fingers. Use gloves or protective covering.
  - DO NOT** allow the bulb to touch the surface of the bowl or the electric cord. This may cause the bowl to crack or fracture or damage the cord.
  - DO NOT** use a salt warming bowls near open water systems or high moisture areas such as hot tubs or saunas. Never use outside.
- If light bulb is broken inside warming bowl, disconnect electrical cord and remove all glass pieces and fragments before using warming bowl again. Always make sure electric cord is positioned where no one can trip on it and it is not a hazard.