

# **User Manual**

**Individuals with the following conditions should not use the  
massage stones:**

1. Open wounds or injuries
2. Acute inflammation or infection
3. High blood pressure or heart disease
4. Cancer or tumors
5. Diabetes or neuropathy
6. Pregnancy or menstruation

## **Product Usage Instructions**

1. Wash all stones before first use and each treatment.
2. Place the stones in the stone heater. It warms up to desired temperature for about 30-45 minutes. The stones should have approximately temperature 47-50 °C (116 -122 °F).
3. Never place stones directly on the body after they have been removed from the heater, you must always introduce the stone with the back of the hand first before placing on the body. You'd better use a sheet, towel or pillowcase to put between your client's skin and the hot stones to avoid burning their skin.
4. You should also rub some massage oil on each stone before it's used.

## **Stone cleaning**

1. After each treatment, rinse the stones under running cold water, then you should wash them with warm water and soap and disinfect them with an antibacterial agent.
2. After each day of using the stones, place them in a container for about 20 minutes in water with sea salt additive.
3. Dry the stones and grease them with natural oil such as olive oil.
4. Clean and store in the stone heater.