

# COVERAGE APPLICATION ADDENDUM

## HOT STONE MASSAGE THERAPY SAFETY PROTOCOLS

*Please review the safety protocols below, which are required for Hot Stone coverage to apply to your policy.*

**1. Susceptibility to Burns** – Some clients are more susceptible to burns than others. Before providing hot stone massage, verify if any of the following heat sensitive conditions apply to your client: a. Burn Sensitive Health Conditions – Diabetes, rheumatoid arthritis, neuropathy, fibromyalgia, the flu, pregnancy; b. Medication – Some medications are known to increase heat sensitivity; c. Skin type – Certain skin types may be more susceptible to burns; d. Age – Children and the elderly are at greater risk for burns; e. Recent injury - A person who has recently been injured or burned may not tolerate heat well. If any of these apply, either 1) Decline to provide hot stone massage, or 2) Moderate the heat of stones used, and monitor the client closely for any reaction.

*Initial to indicate you agree to follow this safety protocol* \_\_\_\_\_ **X**

**2. Selecting and Sanitizing Stones** – Not all stones are suitable for massage. Porous stones may lead to the unintended transmission of infection. Abrasive stones may injure a client’s skin. Stones with unpredictable heat conductivity could lead to burns. To avoid problems, stones should always be obtained through a professional supplier of massage stones, or through the spa where you work. Prior to use, stones must be sanitized properly to avoid infection risk.

*Initial to indicate you agree to follow this safety protocol* \_\_\_\_\_ **X**

**3. Informed Consent** - There is a risk of burns associated with hot stone massage. Clients need to be informed of that risk, or you can be held liable, even if you did nothing wrong. Prior to providing hot stone massage, you should obtain a signed Informed Consent outlining the risks of treatment. A sample form is included with this application addendum.

*Initial to indicate you agree to follow this safety protocol* \_\_\_\_\_ **X**

**4. Properly Heat Stones** – Improper heating of stones is the biggest cause of burns in massage. Several steps should be followed to minimize the risk of burns: **a. Heating Procedure** – Stones should be heated with a professional stone heater, such as a Spa Pro or comparable device, designed to reliably heat stones to a proper temperature. Always use a professional stone heater, not a household appliance, when heating stones. **b. Temperature** – Use a thermometer to verify the temperature, and never heat stones above 130 ° F. Tell your client to immediately alert you if a stone feels too hot. If a stone feels too hot for them, remove it at once! **c. Too Hot – Don’t Use it** – If a stone is too hot, never attempt to cool it off and use it. This only temporarily cools the outside of the stone, and leaves the client at risk of a burn when the core of the stone transmits heat to the surface. Put the overheated stone away, and, instead, get another stone that is properly heated.

*Initial to indicate you agree to follow this safety protocol* \_\_\_\_\_ **X**

**5. Leaving Stones in Place** – If your hot stone massage technique involves leaving stones in place for a period of time, there are two precautions you should always follow. First, separate the stone from direct contact with the skin with a cloth or material. Second, stay present at all times with your client in case of emergency.

*Initial to indicate you agree to follow this safety protocol* \_\_\_\_\_ **X**

I, the applicant, declare that I have signed/typed my name below, and initialed in the spaces where indicated above. I have reviewed the above safety protocols and agree to incorporate them into my practice of stone massage. I understand that there will be no coverage for hot stone massage unless a signed informed consent has been obtained prior to providing treatment. I warrant that I have completed all training, and hold all necessary certifications, if any, required for providing hot stone massage in my state. I understand that untrue statements could void my coverage.

**Sign Here:** **X** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Print Name:** \_\_\_\_\_