



# INTEGRATING energy healing INTO YOUR SPA

## **WELLNESS IN THE SPA HAS BECOME A NECESSITY.**

With stress at epidemic levels and health care costs rising, people are in search of alternatives to restore their health and prevent disease. Energy healing spa treatments respond to this growing demand. Many spa therapists today are becoming more interested in offering energy healing therapies to their clients. Reiki, hypnotherapy, chakra balancing, cupping, color, sound therapy and yoga are increasingly appearing on spa menus.

## **What is energy?**

Energy is light, split into wavelengths, vibrating at different speeds and frequencies that we see as the visible color spec-

trum. Everything is made of energy, including us. Do your clients suffer from stress, anxiety, depression or constant mental chatter? These are the precursors to physical disease, and a sign that their energy field is out of balance. When you provide energy healing treatments, you are providing more than relaxation. You are balancing your client's energy field, which in turn heals the spirit. A healthy spirit is the best shield against disease.

Performing energy healing treatments is driven by an individual's depth of feeling and intuitive abilities. The most beneficial techniques for the spa are based in traditional healing. Estheticians can integrate learned techniques with their intuitive ability to create signature treatments. There are four major traditional healing categories:



BY LINDA BERTAUT

## 1. Hands-on healing

**a.** Reiki is a simple, hands-on healing modality. Universal healing energy flows through the practitioner's hands to the chakra centers of the client, balancing the whole person. Reiki quiets the mind and emotions, releasing stress, anxiety, mental chatter and even depression to feel peaceful within.

Reiki is ideal for integrating energy treatments into facials. At the reiki "master" level, you can enhance your products' vibration level by attuning them to reiki energy. Each time your client puts on her skin care or makeup, she is energetically lifted.

Specialized training and attunements by a certified reiki master teacher are required to perform treatments on others.

The **White Sage Spa** in Milwaukee, MN offers a **Reiki Facial (75 minutes, \$95)**. Clients are treated to a mini reiki session during the masking portion of their customized White Sage Facial, allowing the reiki healing energy to flow throughout the entire 75-minute facial. This is a wonderful opportunity for clients to experience the deeply relaxing state that reiki energy induces along with nourishing the skin, leaving them feeling renewed.

**b.** Chakra balancing has become very popular and may be achieved in a number of ways. Chakras are energy centers that collect and distribute energy within and around the physical body. Each chakra is associated with a color, sense, sound, endocrine gland and organs. Balancing the chakras is important, as they fuel and maintain the health of the physical, mental and emotional bodies. In balance, a person has more conscious awareness about who they are and their purpose in life. Integrating reiki energy into facials balances the chakras. The use of gemstones, sound and light can also work with proper training.

*Reiki is ideal for integrating energy treatments into facials. At the reiki "master" level, you can enhance your products' vibration level by attuning them to reiki energy.*

**Relinquish Holistic Spa** in Atlanta, GA offers the **Chakra Balancing Massage**, an "energy healing on steroids" treatment, where clients are left feeling as if they were floating out of the room. This treatment incorporates a combination of breath work, reiki, acupressure points, guided meditation, crystals and tuning forks (**60 minutes, \$125; 90 minutes, \$150**).

## 2. Traditional Chinese Medicine (TCM)

**a.** Acupuncture is a main component to TCM. The body's internal energy flow (qi) is balanced by stimulating specific points with needles on energy channels known as meridians, triggering the body's innate wisdom to heal itself. Extensive training and a license are needed to practice acupuncture.

**SenSpa**, located in San Francisco, CA, offers the **Acupuncture Facial Rejuvenation (80 minutes, \$225)**, using needles to strengthen and stimulate the circulation of qi energy in the face and body while correcting underlying imbalances that may contribute to aging.

**b.** Cupping is another modality within TCM that is common in spas. The use of glass cups to create suction on the meridian points mobilizes blood flow to improve circulation and promote healing.

**Sunflower Day Spa** in Nutley, NJ offers a **Cupping Massage (30 minutes, \$50)** for relief of pain, numbness and muscle tension, as well as stress reduction, rejuvenation and improvement of the immune system, among many other benefits.

*continues*

*Shamanic practices help one to claim disowned parts, whether mental, physical or spiritual. Various methods include drumming and chanting, soul retrieval, botanicals, herbal detoxification, crystals and gemstones.*

### 3. Traditional East Indian

a. Ayurveda literally means "knowledge of life." It is an ancient healing system based on three major body types known as doshas: Vata, Pitta and Kapha. Ayurveda balances energy with the use of diet, herbal treatments, meditation, movement and breathing techniques.

b. Meditation focuses on the breath and quieting the mind to achieve a deep state of peace.

c. Color light therapy is used to balance the energy field and support well-being. The body absorbs color through the eyes, skin and the aura. If any part of the body is weak, the right color in the right place can restore balance.

The **Raj Authentic Ayurveda Health Spa** in Fairfield, IA is an oasis that offers a complete array of holistic Ayurvedic treatments and healing programs. The unique **Maharishi Light Therapy with Gem Treatment** uses special light beamers to infuse the vibration of precious gemstones such as diamonds,

rubies and emeralds. The soul of the gem is infused into the client, providing energetic healing that is experienced on all levels (**regular beamer, 20 minutes, \$120; big beamer, 20 minutes, \$250**).

### 4. Indigenous medicine healers

Shamanic practices help one to claim disowned parts, whether mental, physical or spiritual. Various methods include drumming and chanting, soul retrieval, botanicals, herbal detoxification, crystals and gemstones.

Aji is the Pima word for "sanctuary." Located near the Gila River Indian Community in the Sonoran Desert, **Aji Spa at the Sheraton & Wild Horse Pass Resort** in Chandler, AZ offers indigenous-based facials, massage and energy healing treatments. They have crafted a product line harvested from local herbs and plants. Their unique offerings include **Pima Medicine Massage, Sacred Salt Energy Balancing, Native Herbs Cleansing Wraps** and **Burden Basket Pima Meditation (50 minutes, ranging from \$100 to \$165)**.

Ancient indigenous medicine healing is now becoming mainstream once again.\* Stephanie Sanstead, public relations director for Aji Spa, says that clients come from around the country to experience the **Healing treatment from Belen Stoneman** of the Gila River Indian community (**110 minutes, \$270-\$310**). This treatment incorporates massage, polarity work, native plant medicine and a unique blend of spiritual healing techniques, passed down for generations by Pima medicine healers.

Energy healing treatments align with you and your spa. You have a license to touch. You have built trust and created a safe space for clients to come and unwind during a facial or body treatment. With a few classes and practice, you can offer stand-alone energy healing treatments that keep clients coming back to see you week after week. ■

\*See our upcoming story **Wisdom From the Land—Native American Inspired Treatments** in the July issue of **Les Nouvelles Esthétiques & Spa**.

**Linda Bertaut** is an author, speaker, award-winning beauty expert and reiki master teacher. She specializes in helping spas integrate healing treatments into their practice. A career that started in makeup and image makeovers turned into wellness and "energy makeovers" for the body, mind and spirit. Bertaut is a contributing author to the Milady Standard Esthetics Advanced textbook on reiki and wellness therapies for estheticians. She helps to reinvent spas into beauty and healing centers. For more information visit [BertautReiki.com](http://BertautReiki.com). Contact Bertaut at 925.446.6284 or [Linda@BertautBeauty.com](mailto:Linda@BertautBeauty.com).



**Visible Skin Rejuvenation**  
with  
**Himalayan Red Rice Stem Cells**

DR. JEFF  
BioMVP Rejuvenating Serum  
1 fl oz

DR. JEFF  
BioMVP Rejuvenating Gel  
1.7 oz

DR. JEFF  
BioMVP Rejuvenating Crème  
4.8 oz 1.7 oz

Made in USA

Dr. Jeff Skin Care  
Toll-Free: 1-888-316-3683

Email: [info@dr-jeff.com](mailto:info@dr-jeff.com)  
Web: [www.dr-jeff.com](http://www.dr-jeff.com)