





using shades in
therapeutic
treatments to go
green and beyond

FULL SPECTRUM COLOR

REMEMBER THE EXCITEMENT OF SEEING A rainbow after the rain cleared when you were young? Stories about a pot of gold residing at the end of the rainbow piqued your imagination. Although you knew it was just a story, you still envisioned the treasure awaiting your discovery.

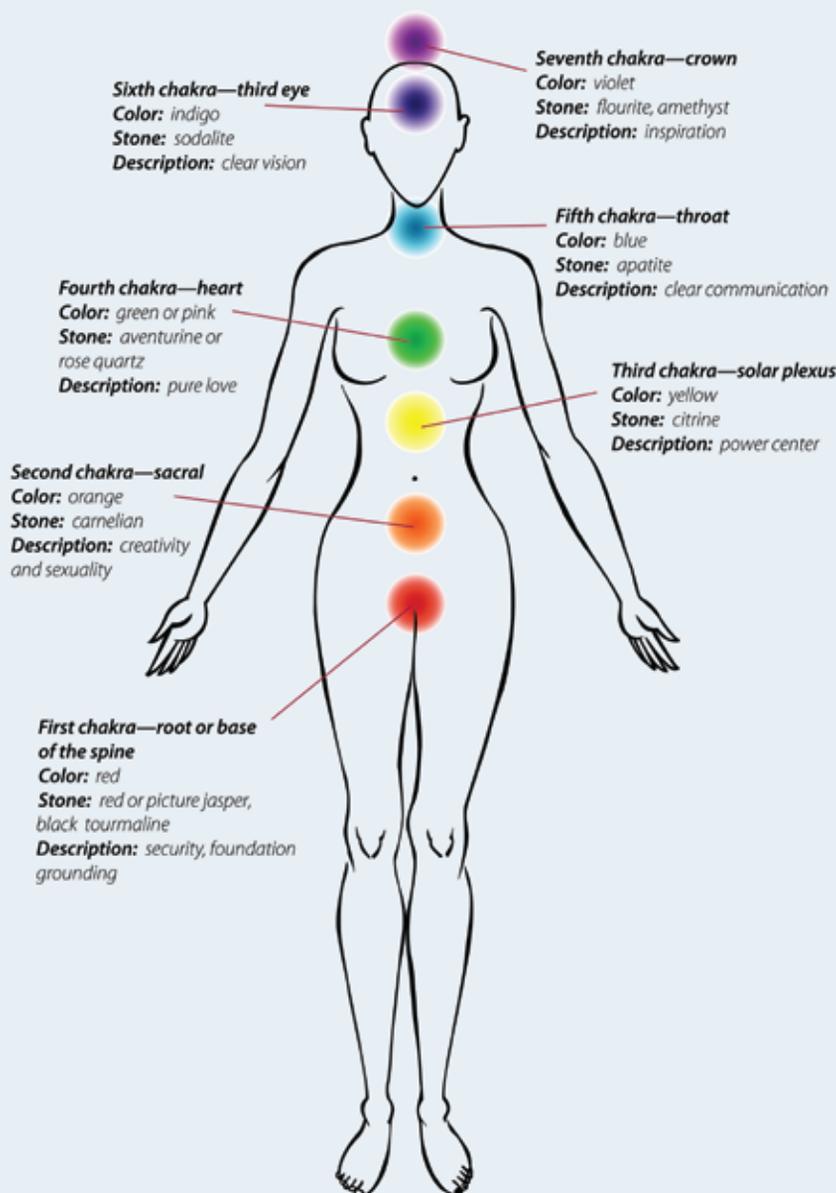
There are a multitude of colors available in nature's color palette that you can include in your treatments. With the recent focus on going green you can translate color into tangible benefits for yourself and your clients. Combine your imagination and skilled hands to create 30-minute, color-infused treatments that your clients will soak up.

The colors in the rainbow are the same as the color energy in the human subtle energy body called the chakra system. The word chakra comes from the ancient Sanskrit word meaning "wheel of light." There are seven major chakra centers aligned in the center of the body near the spinal column. Each one represents a different aspect of your essence and personality and is associated with a color, a sense, a sound, an endocrine gland and organs. ➔

BY LINDA BERTAUT

Placing a complementary color on one's chakra will help to balance over-active energy that is present. Understanding these color associations will help you to make the best choices for your clients.

chakra chart



Color is the radiant energy of life and is as essential as water and air. Your chakras collect and distribute the energy of color that nourishes and feeds your body, mind and spirit. If a chakra is out of balance, you can use color to restore balance. When your color is vibrant you have health. Loss of color creates lack of life force/energy, which diminishes health. Color infusion techniques range from the use of gemstones, colored light, pictures and even water infused with color.

Here are ways to combine the concept of green and sustainable living into treatments. Associate green's meaning to nature with your client. The color green is in the middle of the rainbow and at the center of the chakra system. Green represents the heart chakra and signifies balance, healing, harmony and new growth. The heart chakra is where you connect to conscious awareness and realize that your actions have an impact on your surroundings. Using color helps to lift the spirits, reduce stress, increase energy, stimulate mental clarity and more.

Focusing on one color, however, is like listening to only one note in a song. Design a series of seven treatments to include full spectrum healing and the whole person, as well as the body, mind and spirit. Your clients will feel renewed and you will have an offering that generates weekly appointments.

The history of restoring balance

Early civilizations of Greece, Egypt, India and China utilized healing temples of light to restore balance, remove negative patterns and open one's intuitive abilities. Greek philosopher and physician, Hippocrates of Kos prescribed sunlight to his patients for a multitude of disorders. Today we use light to relieve seasonal depression disorder when winter weather holds the sun hostage behind the clouds.

In the early 20th century, Dinshah Ghadiali developed a color therapy system called Spectro-Chrome Tonation. He referenced the work of Sir Isaac Newton and others who have explored the mysteries of color and light throughout history. He was instrumental in developing a colored light system that is still in use today. Based on years of experimentation Ghadiali was successful in healing various imbalances of the body, mind and spirit.

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Color treatment guidelines

<p>Chakra</p>	<p>1st Root Physical Sensory intelligence Yang energy, basic survival instincts, being grounded and present</p>	<p>2nd Sacral Emotional Feeling intelligence Yin energy connection to creativity and passion</p>	<p>3rd Solar Plexus Concrete mind Cognitive intelligence Personal power center, ability and capacity to receive and be open to learning</p>	<p>4th Heart Pure love, Nature's bio-rhythms Acceptance, feeling the creative pulse of life, connected to nature and her cycles</p>
<p>Color</p>	<p>Red Stimulating Powerful Intense</p>	<p>Orange Creative Sensual Fiery</p>	<p>Yellow Energizing Revitalizing Uplifting Intellectual</p>	<p>Green Balancing Harmonizing New Growth</p>
<p>Glands/ organs</p>	<p>Adrenals, colon, lymph and skeletal systems, male reproductive organs</p>	<p>Ovaries, female reproductive organs, spleen, skin, kidneys</p>	<p>Pancreas, gall bladder, liver, stomach, peripheral nervous system, muscles, diaphragm</p>	<p>Thymus, heart, lymph glands, circulatory and immune systems, lungs, arms and hands</p>
<p>Treatment stones</p>	<p>Red jasper Picture jasper Energizing, grounding, good for taking action</p>	<p>Carnelian Orange calcite Lifts emotions, sparks desire and imagination</p>	<p>Citrine Amber Tiger eye Intellectual, energizing, self expression</p>	<p>Aventurine Jade Malachite Balancing, peaceful, uplifting heart</p>
<p>Color light enhancement</p>	<p>Red light stimulates the sensory nervous system, builds healthy blood cells, soothes burns from UV rays</p>	<p>Relieves cramps and muscle spasms, builds bones, stimulates stomach, helps relieve depression</p>	<p>Builds nerves, stimulates the motor nervous system, energizes the muscles, stimulates the lymphatic and digestive systems</p>	<p>Balancing and overall healing to all systems, germicide, bactericide, disinfectant</p>
				

color facts

THE LIGHT YOU EXPERIENCE ON A SUNNY DAY IS CALLED white light. When you pass this light through a prism it splits into what we know as the visible color spectrum, which includes colors that range from red, orange and yellow to green, blue, indigo and violet. Color moves in waves and is measured by:

- Wavelength—the length between successive peaks and troughs is measured in nanometers (nm)
- Velocity—the speed of the wave is measured in meters per second (m/s)
- Frequency—represents the number of waves that pass through a point in a fixed period of time. Units of cycles per second or Hertz (Hz)

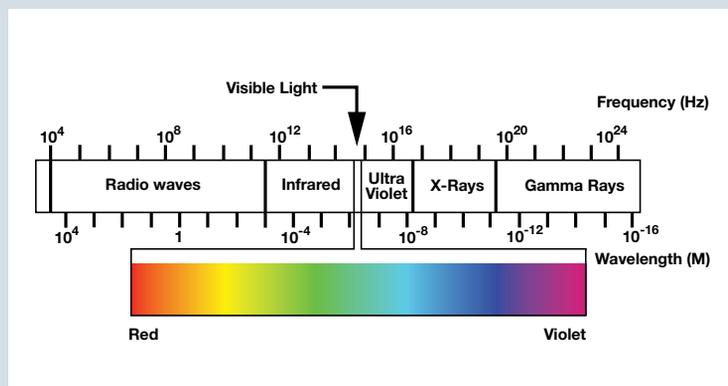
Each color has its own wavelength and frequency:

- Violet, 380 - 450 nm—the shortest wavelength and highest frequency, making it the color with the highest energy
- Blue, 450 - 490 nm
- Green, 490 - 560 nm
- Yellow, 560 - 590 nm
- Orange, 590 - 630 nm
- Red, 630 - 760 nm—longest wavelength and lowest frequency, making it the most physical color with the densest energy

Artificial light lacks the full color spectrum. Working or living in this light can create an imbalance that diminishes your energy and health.

Colors above violet are called ultraviolet, progressing to X-rays and gamma rays. These rays are known to cause premature aging and are damaging to the health of the body.

Colors below red are infrared and radio waves. These are technology waves that allow us to hear and see via radio, TV, computers and cell phones. Living too close to power lines is detrimental to your own energy frequency.



If your client has a strong personality with aggressive tendencies, red will accentuate this behavior. Replace red at the first chakra with a light blue stone for its calming effects.

Role of hues in healing

Warm colors include red, orange and yellow—they are the most stimulating and energizing. Blues and purples are cool and considered to be the most calming and enlightening. The closer to red the color is the more stimulating it will be. The closer to blue, the more calming it will be. Yellow soothes the nervous system, is energizing and helps to lift the spirits, while green is considered to be the balancing point between relaxing and rejuvenating colors, as well as the most healing. Dinshah Ghadiali, who developed a color therapy system, used green colored light as the starting point in his treatments.

Each color has an intensity range, meaning how bright or soft the color appears. The intensity of bright colors will generate more energy than soft colors. Adding white to any color—called a tint—will soften the effects of that color. Adding black—called a shade—will deepen the meaning. For example, aventurine, a type of quartz, is soft, light green in color. It encourages balance and equilibrium while softening the protective shell around the heart. Malachite, a carbonate mineral, encourages depth of feeling and emotion with its deep and rich green color.

Colors opposite each other on the color wheel are called complementary due to their extreme contrast. Mixing these two colors together balances the energy. Placing a complementary color on one's chakra will help to balance over-active energy that is present. Understanding these color associations will help you to make the best choices for your clients.

Clear quartz represents all of the colors of the rainbow. Remember the white light of the sun? It contains all the colors and therefore works on any chakra. Clear quartz is like the wild card of stones and is safe for most people.

continues

Color treatment guidelines

<p>Chakra</p>	<p>4th alternate Green Balancing Harmonizing New Growth</p>	<p>5th Throat Individuality Sense of purpose Center of communication, your true voice, having a sense of your creative purpose in life.</p>	<p>6th Brow Holistic mind Visionary Seeing the big picture and how you fit into the picture, being able to adjust to reach the vision</p>	<p>7th Crown Intuitive intelligence Consciousness Connecting to intuitive insight and wisdom</p>
<p>Color</p>	<p>Pink Loving Gentle Caring</p>	<p>Blue Calming Cooling Meditative</p>	<p>Indigo Intuitive Spiritual Respectful Visionary</p>	<p>Violet Inspirational Illuminating Knowing Wise</p>
<p>Glands/ organs</p>	<p>Thymus, heart, lymph glands, circulatory and immune systems, lungs, arms and hands</p>	<p>Thyroid, throat parathyroid, hypothalamus, mouth</p>	<p>Pituitary, central nervous system, cerebellum, left eye, nose and ears</p>	<p>Pineal, central nervous system, cerebral cortex, right eye</p>
<p>Treatment stones</p>	<p>Rose quartz Rhodochrosite Watermelon tourmaline Opens the heart to love and nurtures the self</p>	<p>Apatite Turquoise Blue lace agate Provides clear thought and communication</p>	<p>Sodalite Lapis lazuli Chrysocolla Encourages clear vision, clarity and focus with the 3rd eye</p>	<p>Purple fluorite Amethyst Inspires wisdom, peace and intuitive connection</p>
<p>Color light enhancement</p>	<p>Balances emotions, builds the aura</p>	<p>Mild sedative, reduces or removes fever and inflammation, relieves itching and irritation</p>	<p>Thyroid depressant, parathyroid builder and stimulant, respiratory depressant, controls abscesses and discharges, sedative—do not use this light for long periods of time</p>	<p>Spleen builder and stimulant, decreases muscular activity, including the heart, decreases activity of the nervous system</p>
				

Keep stones or colored light focused on the body for five to 15 minutes on their corresponding chakras.



Color contraindications

Some colors tend to be more reactive than others. Red stones such as red jasper may cause over stimulation and a physical reaction like twitching. If your client has a strong personality with aggressive tendencies, red will accentuate this behavior. Replace red at the fist chakra with a light blue stone for its calming effects or the complementary color of green to balance the excessive energy.

The spiritual intensity of amethyst has also been known to cause reactions. If your client already likes and uses this stone, consider it safe to use in their treatment. If you are not sure, a good alternative is fluorite with purple and green, as it strengthens the connection between the heart and spirit.

Choose a modality to infuse color energy such as gemstones or colored light. Refer to the chakra chart for placement on the body and the “Color treatment guidelines” to select the colors that will generate the result you want. Keep stones or colored light focused on the body for five to 15 minutes on their corresponding chakras. If you notice any bodily reactions such as twitching or your client feels discomfort, remove the stones or light. Please note that the colored light will have a stronger physical and systemic effect where as the stones will work more on an energetic level.

Green, sustainable treatments start with you. Take time to surround yourself with nature, eat healthy, colorful foods and use gemstones or colored light to keep your energy vibrant. Choose one or more of the modalities listed to infuse your treatments with full spectrum color energy. Connecting with nature and using your imagination allows you to design signature treatments that lead you and your clients to discover your pot of gold at the end of the rainbow. ■

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photo by Karen Maze