



# WellSpa<sup>360</sup><sup>SM</sup>

The Whole Health Resource for Wellness Spa Professionals

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## ESSENTIAL OILS to Open the Heart

How to heal  
compromised skin



## BODY & MIND

- 6 TASTE**  
Peach-Blueberry  
Thyme Elixir
- 16 MAKING WAVES**  
Light therapy for whole  
body healing
- 21 SERENE SERVICES**  
Essential oil treatments
- 38 PRODUCT ROUNDUP**  
Gentle skin care

## BUSINESS

- 22 RETAIL CORNER**  
Stunning items for your  
retail shelves
- 24 GOOD BUSINESS  
SCENTS**  
The importance of scent  
branding
- 26 A CRYSTAL CLEAR  
INVESTMENT**  
Crystal wellness  
experiences are a boon  
for business
- 30 DESIGNING  
TRANQUILITY**  
Spa design elements  
that create a calming  
environment



## INDUSTRY EXPERTS

- 1 THE FUTURE OF  
MEDICINE IS BRIGHT**   
LED is at the forefront of  
aesthetic medicine
- 14 SPOTLIGHT**  
Couples' treatments
- 20 TREND WATCH**  
Crystal-infused skin and  
body care
- 27 EVERYDAY  
CONFIDENCE**   
Ways to renew and  
refresh your spa
- 48 ONE ON ONE**  
Karina Chung of  
Rosewood Hotel Group

## IN EVERY ISSUE

- 4 ON MY RADAR**
- 8 INDUSTRY UPDATES**  
Tools, tips and news  
you can use
- 12 NEW PRODUCTS**
- 47 AD INDEX**



## Party in a Pitcher

By Linda Bertaut

**Colorful crystals and gemstones feed your inner rainbow**, the chakra system. They are healthy and festive and fill you with good energy, enabling you to experience a natural gemstone high. Add them to a beverage with colorful fruits and herbs, and you've got a party in a pitcher!

Impress your clients and staff with this healing Peach-Blueberry Thyme Elixir. Peaches and blueberries pair nicely together, and a sprig of thyme packs a powerful punch of savory sweetness. You can customize this drink with a number of healing gemstones.

Quartz crystals are the safest to use in beverages as they contain silicon and oxygen (SiO<sub>2</sub>). Snowflake obsidian is not quartz, but a volcanic glass that is also made of SiO<sub>2</sub> and great for beverages. It does not contain any iron oxides, asbestos or harmful elements that can leach into the water.

Amethyst helps you tap into wisdom and a sense of knowing beyond cognitive thinking, while aventurine helps you forgive yourself and others to create peace within. Blue quartz calms your throat so that you speak positively about yourself and others.

Carnelian fuels your creativity and passion for life, and citrine is like the sun in a stone, helping you to show up and shine! Clear quartz is the wild card of the gemstone world, helping wherever you need it. Rose quartz is the love stone, helping you to feel lovable so you can share your love with others, and snowflake obsidian sheds light in the dark when you are feeling stuck.

### Peach-Blueberry Thyme Elixir

- Assorted polished gemstones
- Clean water, pitcher and ice
- 2 ripe peaches
- ½ cup blueberries
- Fresh sprigs of thyme
- ¼ cup honey or agave nectar (optional)





Place an assortment of clean, polished gemstones in the bottom of the pitcher and fill with ice. Peel one peach, removing the pit.

In a separate glass container, place a few sprigs of thyme and one cup of hot water. Stir in sweetener until it dissolves (optional). For a fruity flavor, lightly muddle a few slices of peach in the mixture. Pour mixture over the ice and add cold water until almost full.

Slice the second peach, leaving the skin intact, and place it into the beverage. Add the blueberries, garnish with thyme sprigs, pour and enjoy! 🍷



Do not use the following stones in your beverage: sodalite, fluorite, tiger's eye, malachite, hematite, mica, selenite or any iron ores such as pyrite or peacock ore. These can leach harmful elements into the beverage.



Chakralicious founder Linda Bertaut is a Milady author, national speaker, award-winning esthetician and reiki master teacher. She brought reiki and energy healing to esthetics more than 20 years ago. Bertaut created the "Heal the Healer" program to mentor others to understand, embrace and utilize their healing abilities.