

| Wellness Treatments for the Heart |



# Going Green From Within

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**O**ur field is evolving beyond just beauty. Realizing that body, mind, and spirit work together; traditional beauty treatments are now being combined with health and wellness, alternative therapies, and cutting edge technologies for looking and feeling younger. Everyone is jumping on our bandwagon.

Combining the *Green* and *Wellness* trends in your practice allows you to stay ahead of the curve to provide clients with one-of-a-kind treatments and sustainability for your business. Green is the color at the middle of the rainbow and the center of the Chakra system – representing the Heart Chakra. Green promotes balance, healing, harmony, abundance, new growth, and coming from the heart. The Heart Chakra is where you connect to conscious awareness and realize that your actions have an impact on your surroundings.





appointment. Add a light lunch and you have a mini-retreat getaway!

**Formulas for beauty and balance:**

Design treatments specific to opening the heart and allow clients to

**Aroma Sachets:**

Mother Nature's fragrant herbs inhaled through sachet bags prior to treatments help to invoke the sense of smell and taste if the herbs are made into a tea. **Caution: Ask clients if they have aroma allergies. Please note that these sachets may cause some clients to experience a euphoric state.**

Going green is the natural evolution of conscious awareness. By integrating Nature and wellness treatments for the heart, you inspire your client's natural affinity with nature – both inside and out. Using the heart colors of green and pink in treatments helps to lift the spirits, calm the emotions, and induce feelings of heartfelt love.

By offering affordable, mini-wellness treatments, you allow clients to visit your spa on a weekly basis. Treatments last 30 minutes using, multi-sensory applications and hands-on healing techniques rather than facial services. Clients get treated without removing makeup or mussing the hair so they can go directly to their next

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enjoy the benefits of resonance. The heart is the place where you measure authenticity. When the heart is open, it acts as a divining rod drawing people and opportunities to you that resonate with your frequency. This service rejuvenates the spirit providing clients with more passion for life and replenishing what a stressful lifestyle diminishes.

### Multi-sensory options for your treatments:

- Provide an *Herbal Aroma Bar* using the following organic herbs: red clover, rose hips, chamomile, rosemary, lemon balm, rose petals, and sage.
- Combine herbs and rose petals collectively in a pink or green organza bag for 'Aroma Sachets'. Allow your clients to make their own and use them during treatments.
- Use the sachet for deep breathing at the beginning of their treatment and to take home as a keepsake of their mini-retreat with you.
- Serve *Moon Balm Tea* to embrace the mysteries of the feminine.
- Make Rose Petal tea with a splash of rose water and agave nectar as sweetener to fall in love with yourself.
- Customize gemstone and aromatherapy water to enhance energy before and after the treatment.
- Have them choose an affirmation that you repeat out loud during their treatment.
- Let clients select music or guided visualizations from your healing CD collection.
- Burn pink and green candles signifying the colors of love and the heart chakra.
- Replace an incandescent bulb with a green light bulb for an enhanced atmosphere.
- Have your client hold Aventurine or a Rose Quartz shaped heart in their left hand during their treatment.

- Incorporate acupressure points and massage techniques for the face, neck, and shoulders. (Be sensitive about musing makeup and hair if you are not their last stop.)
- Combine these techniques with the hands-on healing energy of Reiki if you are attuned to Reiki.
- End with your hands lightly covering their heart area.

### Healing Heart Stones:

**Rose Quartz** – Opens the heart to love and nurture you. When you discover that you are lovable, you are able to share your love with others. Use Rose Quartz to come from the heart in all communications.

**Aventurine** – Balance, equilibrium, peaceful heart. This stone helps to soften the protective shell around the heart. Wear it as a medallion to remind you to soften your message and come from the heart.

### RECIPES

#### Herbal Teas:

- **Moon Balm Tea:** Balances the emotions and soothes nervous tension. Fill a pitcher with ice water and a large bag of Lemon Balm tea. Place it on a counter or windowsill to capture the moonlight for one night. Refrigerate and serve this refreshing tea to clients before treatments.
- **Rose Petal Tea:** Opens your heart and allows love to blossom – connecting you with the unseen wonders of nature. Combine rose petals, red clover, and rose hips into a large tea bag. Steep in hot water for three to five minutes; add a splash of rose water and agave nectar to sweeten.

#### Gemstone Infused Water:

- **Resonance Mist** – use this as a spray before and after treatments to infuse

heart resonance. Mix the following in one pint of water:

- Polished or tumbled Rose Quartz (cleaned and sanitized in hot water)
- Polished or tumbled Aventurine (cleaned and sanitized in hot water)
- Holly Bach Flower Essence for loving yourself – four drops
- Ylang Ylang Essential Oil – two to four drops

### Music/Guided Visualizations:

Selected music that evokes feelings of love and the heart to soothe and restore energy.

### Mother Nature's Little Helpers:

Mother Nature shares her bounty with us in many forms. Incorporating herbs, aromatherapy, and healing stones can boost your treatments healing quotient to the next level. Here are some favorites and their uses.

**Healing Stones** – Colorful stones and clear quartz contain spirit energy that helps to balance the human spirit. Each stone has a vibrational pattern based on its color and composition. Green and pink are the colors associated with the Heart Chakra and are used for heart-felt treatments.

### Affirmations for the Heart

- ♥ I choose to live life passionately.
- ♥ I love myself unconditionally.
- ♥ I give myself permission to feel my feelings and come from the heart.



Herb	Nature of the Herb	Herb Qualities
Chamomile	Peace and Happiness	Mother Nature's plant of eternal peace and happiness. Chamomile brings you to a peaceful state so you can connect with the sensory pleasures in life. Use the whole herb in an Aroma Sachet as a prelude to a treatment. In the midst of a Chamomile induced euphoria, you are willing to let go of anything that no longer serves you.
Sage	Spiritual depth and wisdom	Rich, deep, and spiritual. Sage helps to infuse spirit wisdom with the heart. It brings you to a conscious meditative state so you can see yourself and your path clearly. Use this herb for clearing, clarity, and the wisdom of the sage.
Rose Hips	Strength of purpose and protection	Pungent, strengthening, protective, clarifying, and clearing. Rose Hips enhances vision, helping you to see the big picture more clearly. Use it to strengthen your resolve, set intentions, and follow through. This herb gives you strength of purpose.
Rosemary	Awakening mental clarity	Rosemary helps to clear the mind from doubts and worry to evoke conscious awareness and mental clarity. With clarity you have vision. With vision you have purpose. With purpose you have passion.
Red Clover	Heals the heart	Distinctive, sweet, and potent. Place Red Clover at the heart to feel love and acceptance. This fanciful herb helps to heal the heart of emotional hurts and wounds. It clears the blood of negativity so you are clear to fully experience true love and joy.
Lemon Balm	Soothes and calms the nerves	Soothing, calming, restorative. Soothes and calms the nerves, balances feelings and heals emotional imbalances of the heart. Lemon Balm was a fragrant, restorative herb used during the Middle Ages to treat melancholy. Use it in an aroma sachet or as a cold infused tea.



**Gem Elixirs** – may be purchased or made by placing one or more gemstones of your choice into clean water, let them sit overnight, and use the infusion as part of a beverage or spray mist.

**Aromatherapy** – the sense of smell is the most powerful as it connects directly with the brain. Essential Oils from plants and flowers contain volatile oils that are considered to be the hormones of the plant. These hormones have chemical components that react with the hormone centers in the human brain triggering a physiological change in mood or behavior. Depending on the essential oil compounds and their properties, clients may experience feeling stimulated, balanced, relaxed, euphoric and more. The following Essential Oils may be used to encourage balance of the heart.  
*Calms the emotions* – Lavender, Roman Chamomile, Melissa, Clary Sage, and Neroli

*Lift the spirits* – Ylang Ylang, St John's Wort, Pettigrain, Bergamot, and Lemon Verbena

**Herbs** – are plant materials that are taken internally rather than inhaled. You may choose from capsules, tablets, teas and herbal elixirs, also called herbal tinctures. They work more on the physical body since they are ingested through the digestive tract and are assimilated through the body. The following Herbs may be used to help heal and balance the heart.

*Calms the emotions* – Scullcap, Lemon Balm, and Chamomile

*Lifts the spirits* – St Johns Wort, Oatstraw, and Lemon Balm

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**Flower Essences** – are not to be confused with essential oils. Flower essences are considered to be the vibration or “spirit” of a plant. Flowers are picked at their peak of growth and placed in water to capture the essence of the plant in water. Each plant has its own healing characteristics and issues it helps to resolve. Flower essences help to resolve mental and emotional issues on an energy level by helping to fill in the

“energy gaps” in a depleted spirit. You infuse the plant spirit with yours by taking it orally, placing it on the pulse points or spraying it in a mist. Some useful Flower Essence Remedies to add to beverages or mists.

- **Walnut** helps set boundaries and protection from outside sources.
- **Larch** improves self-esteem and confidence.



- **Rock Water** helps let go of unattainable standards set for yourself and others.
- **Holly** heals emotional wounds in order to accept and love yourself.
- **Rescue Remedy essence and cream** combines five flowers and is beneficial for any imbalance or stressful situation.

**Now that you offer wellness treatments how do you speak about them?**

Language is essential. Offer a brief explanation describing the benefits the heart-felt treatments provide. For example:

**Discuss the benefits with your recommendations:**

- Clients experience a sense of peace and well-being.
- Quieting the mind and calming the emotions allows you to have more A-Ha moments.
- Feeling centered and grounded, you are able to accomplish more of what is important to you.
- The results last longer when you receive three consecutive treatments and incorporate homecare products.

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### Glossary Terms:

**Chakra** – one of the seven centers of spiritual energy in the human body according to yoga philosophy

**Agave** – any of numerous plants of the genus *Agave*, native to hot, dry regions of the New World and having basal rosettes of tough, sword-shaped, often spiny-margined leaves; agaves are grown for ornament, fiber, and food; also called *century plant*

**Reiki** – a Japanese word representing Universal Life Energy; reiki is based on the belief that when spiritual energy is channeled through a reiki practitioner, the patient's spirit is healed, which in turn heals the physical body



- Herbs, aromatherapy, and gemstones may be used as home-care products that heal the spirit and help you to maintain balance in between visits to the spa.

There is no right or wrong way to do these treatments. Use your imagination and create your own magic from your heart and soul. Connecting with nature allows you to create rather than react. Reducing stress and rejuvenating the spirit you and your clients will experience more love, passion, and purpose for life. After all, love does make the world go around.



*Author, aesthetician, Reiki master teacher, and award-winning beauty expert, Linda Bertaut specializes in bringing inner beauty to the surface, and inspiring others to do*

*the same. Using energy treatments and products for over 20 years she teaches from experience. Linda helps beauty professionals add value to their services by training them in her signature wellness techniques and all natural "EnergyCeutical" products. She has transitioned the hands-on healing art of Reiki into a contemporary new 'must have' service for women and men in leading spas and salons. You may contact Bertaut at 626-405-0424, linda@bertautbeauty.com, or visit www.bertautbeauty.com.*



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