

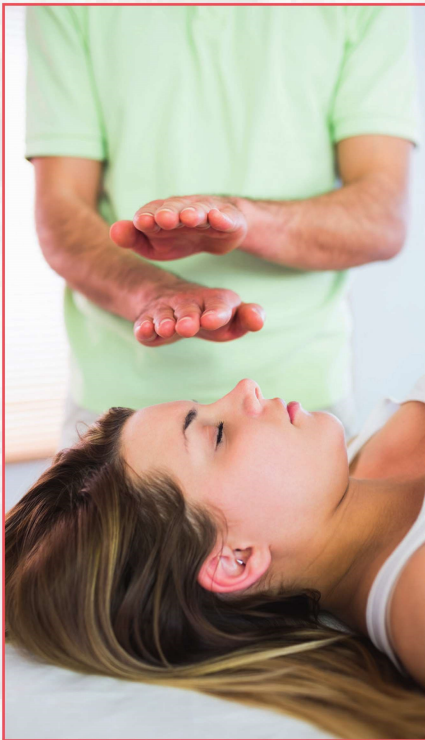


A STEP-BY-STEP:

GEMSTONE TREATMENTS

by Linda Bertaut

The use of gemstones and color plays a major role in chakra alignment. Each color has its own frequency or vibration that can help to energize, stimulate, relax, or uplift the spirit. The seven colors of nature's rainbow are associated with the seven colors of the chakra system. If a chakra is out of balance, a colorful gemstone can be used to restore balance.



The first thing to do is select a gemstone collection. Polished stones are clean and the easiest to use. Crystals work well if the size and shape are considered. If they are too large, they become heavy; if they are too delicate, they are difficult to maintain. Use larger crystals for decoration and smaller ones to place either on clients or around them on the treatment table. Ensure that the stones used are smooth, large, and flat so they do not roll off the client. Recommended stones are black tourmaline, red jasper, carnelian, citrine crystal, polished citrine, aventurine, rose quartz, blue calcite and quartz, sodalite, lapis, amethyst, and fluorite.

Review a chakra chart and include at least one stone for each chakra color. The fourth chakra represents two colors – pink and green. The professional should choose stones that resonate with them. Some stones will seem to stand out at first glance. These are perfect to add to the collection.

Look at a color wheel. Warm colors – including red, orange, and yellow – are supposed to be 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 is considered to

be. The closer to blue, the more calming it should be. Yellow is energizing and is said help lift the spirits, while green, the color in the middle of the rainbow, represents balance and is considered the most healing.

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

Colors opposite each other on the color wheel are called complementary. Mixing two complementary colors is said to balance the energy. Placing a complementary color on one's chakra helps balance overactive energy that is present. Understanding these color associations helps skin care professionals make the best choices for clients.

Clear quartz represents all of the colors of the rainbow. Try this experiment. Select a quartz crystal and place it on a solid white background. Shine a bright light into the crystal.

As the light is moved around, small rainbows appear in the inclusions of the stone. Because of this, clear quartz is like the wild card of stones. It is believed to work on any chakra. When in doubt, it is always safe to use both the polished and crystal versions of this stone.

As with any treatment, there are some contraindications to using color. Some stones tend to be more reactive than others.

For example, red stones such as red jasper may cause overstimulation and a physical reaction such as twitching. If a client is already somewhat bold and aggressive, red may accentuate this behavior. Replace red at the first chakra with black tourmaline to absorb excess or negative energy. Brown and earth tone colored gemstones are believed to be great alternatives to restoring balance instead of red.



Another example is amethyst; its spiritual intensity may also cause reactions. If a client already likes and uses this stone, consider it safe to use in the treatment. If there are any uncertainties,

a good alternative may be fluorite with purple and green, because it strengthens the connection between the spirit and heart. Experiment until the right blend of colors and stones is found.

STEP-BY-STEP PROCEDURE

Before beginning the treatment, let the client know where each stone will be placed.

1 Wrap the client in a sheet and place a blanket over the torso, legs, and feet, if needed. For a more calming experience, dim the lights and play soothing music.

2 Make sure the collection of gemstones at hand includes: black tourmaline, carnelian, citrine, aventurine, rose quartz, apatite, sodalite, and fluorite.

3 Choose an essential oil with a calming scent and place a few drops on a cotton ball.

4 Ask the client to breathe in the scent of the essential oil three to four times.

5 Place all stones in a straight line. The first stone, black tourmaline,

will be placed in the center of the pelvic area.

6 The second chakra, carnelian, should be placed one to two inches below the belly button.

7 Citrine, the third chakra, should be placed at the opening of the rib cage under the sternum.

8 Aventurine, or rose quartz, is the fourth chakra and should be placed near the heart.

9 The base of the throat should be where the fifth chakra, apatite or clear quartz, is placed.

10 Place the sixth chakra, sodalite, between the client's eyebrows (commonly referred to as the third eye in Reiki and energy healing).

11 Fluorite or amethyst is the seventh chakra and should be touching the top of the client's head. Lay the flat side against the head. If the client was wearing a towel, unwrap it and lay the flat side of the stone against the top of the client's head and rewrap it.

12 Once the gemstones are placed on the body, begin the facial treatment removing the gemstone from the forehead or throat when it is time to apply product.



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