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IMAGE BLENDS HOLISTIC
PRINCIPLES WITH
SCIENCE AND TECHNOLOGY

color energy rejuvenation

YOUR FACE IS AN EXPRESSION OF YOUR individuality. It is also a reflection of your mind, body and spiritual health. Your face communicates whether you are happy, when your internal organs and physical systems are healthy and when you are in harmony with the world.

The most effective youth enhancing treatments for the skin are customized to express your individuality. If you line up ten friends in a row the color and texture of their skin, as well as their skin's specific needs, will be as diverse as their personalities. You should design each treatment session in a unique and individualized manner just as you would personalize your home. Using color to create an influence of the mind and spirit on skin care is as holistically beneficial to looking and feeling better as stimulating collagen and promoting cellular regeneration.

Let's explore the basic tenants of proven anti-aging technologies and combine them with the source of creative healing to produce advanced treatments and client specific results.

Wave currents, light treatments

Microcurrent, which applies low levels of electrical current, counteracts the aging process by triggering natural, chemical and physical reactions at the cellular level. The most effective microcurrent combines various types of currents or waves. According to clinical studies, sine waves (milliamps) improve circulation as well as stimulate

cellular regeneration for production of collagen and elastin. Square waves tone muscles by tensing and holding muscle fibers along with assisting cellular turnover. Ramp waves relax tense muscles, softening wrinkles from habitual expression. As if exercising at the gym, facial muscles are strengthened, retrained and lifted back into the cellular memory of their more youthful locations.

Photo regeneration with light emitting diode (LED) enhances the skin quality by reducing wrinkles, smoothing irregular pigmentation and tightening pores. Research conducted at the National Aeronautics and Space Administration and at Harvard University confirms that near infrared and red light penetrate deep into muscle tissue, thus simulating fibroblasts and mitochondria—the power generators within cells. Without heat or discomfort, near infrared and red light increase collagen and elastin production.

The combination of microcurrent and LED treatment can reduce and soften wrinkles, tighten skin and lift muscles.

Custom shade therapy

Scientists discovered that the pure energy of color is the source of physical creation through chemical composition. From oxygen, carbon, hydrogen and the other elements of the human body, we are pure light energy. Every day and in every minute we are also always surrounded by the pure components of light. ➤

BY JAMI LIN

Color energy facials

O MAXIMIZE the results of a facial use client specific colored light to conduct a color energy facial.

Accelerate cellular regeneration by adding advanced creams that penetrate deeper into the skin and are more readily absorbed when propelled with color energy.

Color alchemy facials use acutron rejuvenator technology. The facials are designed to reduce wrinkles and lift muscles by applying rejuvenating acupressure points activated with microcurrent and the holistic benefits of all spectral colors through LED light.

To initiate an energy facial I first interview the client and discuss his/her intentions, areas of concern, type of products they use at home and what he/she wishes to accomplish with the treatment. I then proceed to conduct muscle testing through the use of kinesiology to determine which color and energetic vibrations are most deficient and are therefore needed most by the client. As the client lies on the table I light a colored light bulb that is consistent with the color the client needs.

The cleansing portion of the treatment begins with basic makeup removal techniques and products. Gently exfoliate the skin to remove the layer of dead skin cells by using either

microdermabrasion, a chemical peel or a scrub to increase saturation. Follow with the application of a toner, which I store in a colored bottle with gems. Again, the toner is chosen based on the bottle's color to match that of the client's. I then place colored flat disk stones that are specific to the energy chakras.

The application of anti-aging topicals come next, followed by the use of the acutron rejuvenator machine. This part here is what I call the warm up—the machine delivers microcurrent via colored light probes to the skin using the specific color the person needs. During the warm up I examine the client's skin very closely to determine whether the color they need suits their skin's condition. For example, a client may need the color red yet suffer from rosacea. In that case I would not use red light. Rather, I would use the second best color for that person, say orange, to avoid irritating an existing skin condition. After applying the initial light treatment I change the light color to green, as it is a balancing color and it helps smooth out fine lines. Using the green light I literally massage out the wrinkles while lifting the skin.

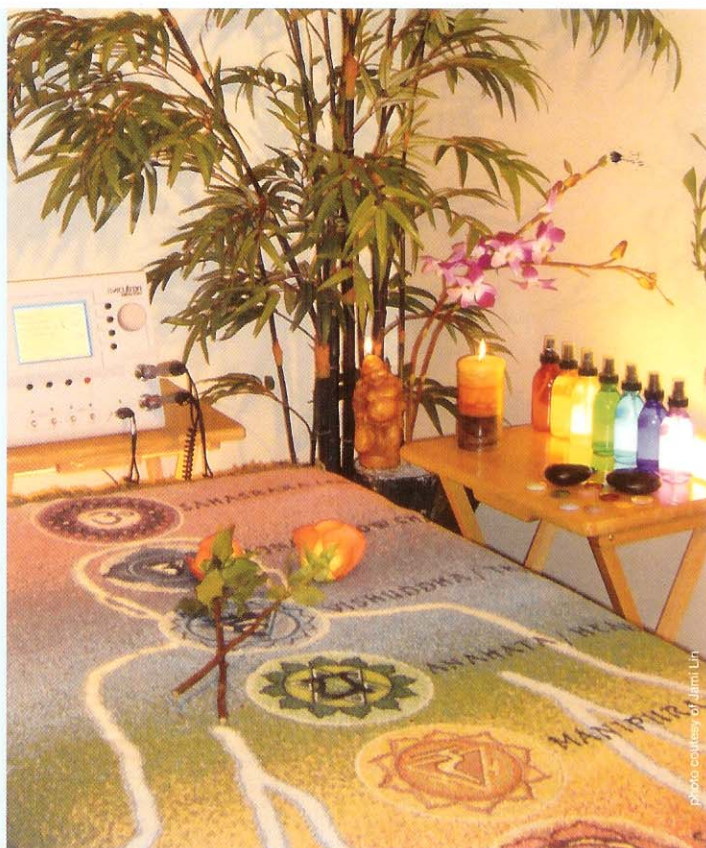
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Color energy facials (continued)

Then I apply a face mask that is consistent with the client's color—a blueberry mask for blue light or a pumpkin mask for orange light, for instance. While the mask is setting I massage my client's hands as a complimentary service. My clients appreciate it and find it delightful. After removing the mask I again apply color elixirs to tighten the skin. Then, I place the colored machine probes on the skin to seal the treatment—I call it closing energy. I conduct an ending facial massage and apply a light sunscreen. As an add-on service I offer the client the chance to sit on a massage chair to receive LED machine light exposure.

When personal intention and your spiritual light within are consciously engaged, there is an energy exchange between the one who provides a color energy facial and the one who receives it. Whether the client recognizes the relationship or not, the positive energy that is absorbed during the treatment radiates throughout the electrical body meridians and benefits both practitioner and client.

at right: color therapy can enhance spa treatments



Applying the individual components of color therapy, acupressure, microcurrent and LED exceeds the influence of their individual benefits.



Use color to energize your services. Without additional time or effort, individualize and maximize treatments by adding color therapy, acupressure and colorful Chinese medicine to treatment formulas. This magical combination, rooted in science and age old traditions, exponentially increases immediate and long term results. Additionally, providing a customized and colorful experience increases the pampering effect.

Color alchemy is a method of transforming your life in one week with the endless supply of color. Every day represents a different color, each harboring a range of healing attributes. To engage in color therapy spend two minutes focusing on the daily color and its attribute to immediately turn stress into calm. By the end of each week, you'll enhance and balance your most important qualities. Here are the days of the week and their corresponding colors and virtues:

- Monday: red/vitality
- Tuesday: orange/creativity
- Wednesday: yellow/power
- Thursday: green/love
- Friday: blue/focus
- Saturday: indigo/intuition
- Sunday: violet/bliss

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Science meets ancient practices

Every time Isaac Newton held a prism up to the sun, light energy was split into its colorful components. He called the rainbow the seven colored body that is in perfect harmony with and parallels the colorful healing language of ayurveda's chakra philosophy and Chinese medicine's Five Elements system. Rainbow light and color healing techniques go beyond red and blue LED.

Quantum science continues to research Newton's experience and confirms why the ancient Egyptians used colored light as medicine to heal the body. Each color, with its specific wavelength, penetrates into the skin at different depths and has specific healing properties. In Chinese medicine, the ayurvedic philosophy and the color healing technique, each color has physical healing properties as well as profound mental and spiritual influences. The benefits of light colored treatments work every time in line with Newtonian principles.

There are several methods to customize colors, create client exclusivity and provide effective rejuvenating pampering. Here are some examples:

- **A skin condition analysis determines when to use which light color**

Green: reduces wrinkles

Blue, turquoise, indigo: counteract red, inflamed skin

Red: stimulates circulation, collagen and elastin

Yellow: alleviates discoloration and helps lymphatic drainage

Blue, turquoise, violet: help control bacteria and clear acne

To maximize the results of a facial use client specific colored light to conduct a color energy facial.

- **Chinese medicine provides balance with yin and yang colors**

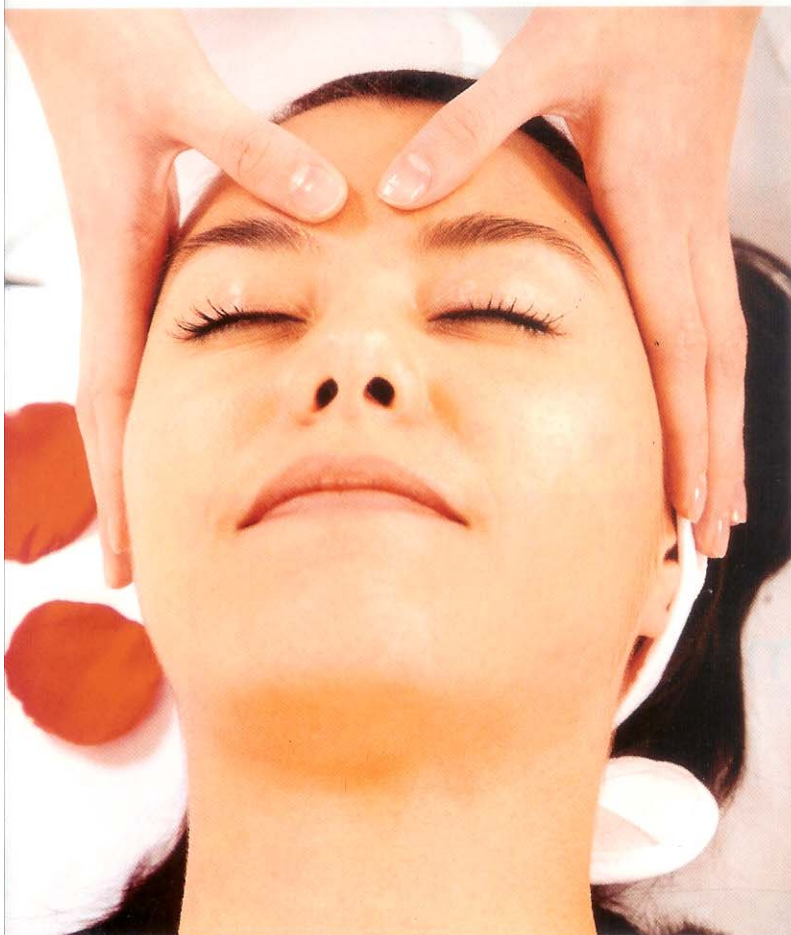
Cool yin colors reduce the yang influence in hot and red skin: blue, turquoise, indigo and violet.

Yang colors energize the yin influence of cool and sallow skin: red, orange and magenta.

- **Mental and spiritual intuition know what the body needs**

Through various techniques the holistic self—the intuitive combination of mind, body and spiritual energies—reveal the colors with which it is associated. To find your client's color use your most powerful resource: one that comes from within. Kinesiology is a practice that applies varying degrees of tension in the muscles in response to questions asked. With kinesiology you can identify structural, chemical, emotional or spiritual imbalances in your client and establish the colors needed for healing. Personalized to each client with kinesiology, youth enhancing and revitalizing treatments include balancing the mind, body and spirit with customized color, chakra essential oil elixirs infused with gemstones and color toning along with chakra gems laid on the body.

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Another way to determine which color is best for your clients is to ask them to use their intuitive power within. Ask clients to pick a card from a face down deck of rainbow colored cards. As they choose the cards they reveal the color(s) needed to rejuvenate their skin, heal their body and nurture their mind and spirit.

Stimulating vital points

Acupressure applies the same technique as acupuncture without the use of needles. Both practices are based on identifying certain points throughout the body and stimulating them in order to heal, and 5,000 years of the practice of Chinese medicine backs up the claim. Even in the West it is well recognized that acupressure gently balances the mind, body and spiritual function. The points throughout the body are interconnected with its energetic and electrical pathways or meridians and they maintain wellness.

The facial points make up a network that is associated with bodily systems and functions. When the points are stimulated the bodily functions and organs associated with each point benefit. For example, the points used to reduce vertical lines above the lip also help with intestinal disorders. Lymphatic drainage occurs by activating facial points that tighten muscles and result in detoxification and cleansing. Certain points stimulate the body's visceral cutaneous reflex, causing collagen production.

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Hues used in Chinese medicine

The Chinese also have a brilliant system called the Five Elements, a system that explains the cycles of nature, among other mysteries. Remember, color is pure, healing energy. For skin care rejuvenation, the Five Elements and their colors integrate the points on the face with their associated meridians and organs along with emotion. In addition to the healing properties of colors previously discussed, the Chinese healing colors and related points also help heal specific areas of the body:

- Red/points above and below lips are associated with the heart and circulatory system
- Yellow/lines on bridge of the nose are associated with the digestive system
- Green/points on crow's feet and the lower forehead are associated with the liver
- Blue/points on cheekbones are associated with the kidneys
- Gray and violet/point on the cheeks are associated with the respiratory system

The skin rejuvenating benefits of acupressure and healing colors have been shown to promote weight loss, reduce pain, release emotional trauma and restore vitality.

The combo: color treatments and acupressure plus microcurrent and LED

Using microcurrent to stimulate the facial rejuvenating points enhances the healing properties that can more deeply penetrate the meridians. Infused by microcurrent, the client's designated light color is injected into the points. This synergistic healing energy flows through the meridians like channels of fiber optics.

Applying the individual components of color therapy, acupressure, microcurrent and LED exceeds the influence of each of their characteristics. Use them in combination and you are sure to benefit your clientele in a holistic and effective manner. ■

Jami Lin is an internationally renowned feng shui expert, author and instructor. She is also a licensed esthetician who understands the skin care industry's business needs and protocols. Watch for Lin's new ColorAlchemy book early this summer. Visit www.JamiLin.com or call 305.893.9985.

