

spa | beauty spectrum

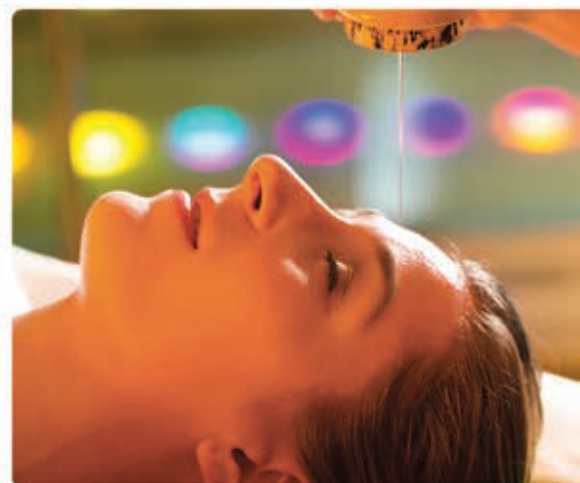
inside and out

EACH SEASON CHALLENGES OUR skin, the body's defense barrier. Not only does the sun influence our outer appearance, it also helps maintain our well-being. From moisturizers and hydrating masks to sunscreen and anti-aging serums, we take many precautions when it comes to protecting our skin from aging. But did you ever think that maybe the sun helps us take care of it as well?

writings refer to this as the "as above, so below" concept, and suggest that we are a holographic reflection of the universe, and that there is a rainbow living within all of us.

Our internal rainbow

The world around us is constantly illuminated by light. That is what enables us to see color and perceive our world as



or eyes that have lost their shine. You can imagine what is going on inside.

Wellness professionals have a responsibility to reestablish the energy balance so the body can properly regulate and maintain itself. Color is energy, and it is carried in light. So by using a simple color ray illuminator, one can generate the body's natural defenses and gently restore harmony within. In practice, trained spa professionals focus color light beams on specific areas of the body, such as traditional acupuncture points along the meridian system, reflex zones or chakras. Or they can simply infuse the color into the body's aura to enhance face and body treatments.

Illuminate your spa menu with "Spectrum Beauty" packages, and you will be offering a naturally rejuvenating modality to your clients.

Life exists by the energy carried in light, and it is sunlight that illuminates living beings from the inside out. As you slowly prepare for the change in season and update your skin care regimen, why not rejuvenate your body with a color light therapy session? Let me introduce you to this hidden treasure in our lives.

In addition to being the largest organ, our skin is one of the largest receptors of light in our bodies. It absorbs the sun's rays, which light up our bodies from the inside, acting as a protective shield and enabling our body to store light photons as a natural reserve. This allows us to function properly and have energy during every season. What may be familiar are the colors seen in a rainbow after a spring shower. Most ancient

lively and fascinating as it is. Not only is color made up of various shades, tones and pigments, it is the essential energy that is basic to all life. It is a true and honest sensation that playfully stimulates our senses and affects our psychological and physical state of being.

So what shall we do with this internal color spectrum? Well, as long as the life force is harmonious and balanced within us, we know we are doing something right, and we generally feel good about it. Healthy lifestyles emanate from inside us, in both visible and invisible energetic ways. When people are not well, physically or emotionally, you can see the energetic imbalance that is putting stress on the body. It may be evident from a change in skin color, limp hair

The path of life

Color light therapy, also described as chromatherapy and color harmonics, has been used for thousands of years. In ancient Egypt, healers used sunlight and spectrums to shine color on patients. In ancient Greece, Heliopolis was a center of heliotherapy, curing illness by sun exposure. Aristotle defined color as a transition from brightness to darkness. Until the 17th century, the accepted view was that natural light contained no color; it was thought that color was created by the impact of the light on objects.

In 1665, Isaac Newton examined and measured the behavior of colors refracted from daylight through a prism. He stated that light itself, although it can be broken

continues



into colors, is not visibly colored. He asserted that the colors we do see are a mere sensation produced by the light. Over a century later, the German philosopher and writer Goethe defined the three primary colors and their relationship in the color wheel. During the 19th century, several scientists discovered color light applications that can be used outside of allopathic medicine. Since then, clinical studies have been done around the world, successfully demonstrating this point.

Dr. Valerie Hunt of UCLA is the first modern researcher to apply scientific methods of study to electromagnetic emissions in biological organisms. She measured human energy fields and demonstrated that the energetic emissions show chaotic changes before pathological conditions in the tissue can be diagnosed. This proves that ailments begin outside the body as energetic imbalances, and that health is a state of being energetically correct.

Color light for the spa professional

There are many color light applications developed for wellness, beauty and spirituality. Some raise and calm energies in the body, while others help to balance and clear stagnant energy, which may be experienced as nondescript aches and pains or weight gain. Color light can bring old memories to the surface, which actually allows one to let go and clear the trauma in their lives. It's like shedding years off of your appearance, one energetic layer at a time.

Another reason this anti-aging modality is quickly obtaining a strong following is because clients do not have to disrobe, and because it is convenient for the professional on the go. Color harmonics are also supportive when one is feeling depleted from a hectic lifestyle, or during the gray winter months. Illuminate your spa menu with "Spectrum Beauty" packages, and you will be offering a naturally rejuvenating modality to your clients.

Color attributes

Here is a small guide to help you understand more about each color, and how to incorporate the modality into your spa and wellness center. For example, a color light facial and body balance is a full spectrum treatment.

Red: Essential for physical and emotional transformation, it restores depleted energy and nourishes vitality. It is perfect after a body wrap, facial or massage, as it stimulates circulation and increases one's energy level.

Orange: This warm, encouraging color has a revitalizing radiance. It can be used to relieve nervous tension, pain associated with stiffness, arthritis and depression.

Green: Cooling, sedating and balancing, green helps reduce swelling and inflammation.

Sky blue: This shade of blue is a cool, calming color that aids in relaxation and tones the skin, soothes irritation and relieves itching and pain.

Indigo blue: Peaceful and calming, it is used for restlessness, calming stress and pain. It can bring your client into a state of relaxation after a hectic day, and is ideal for both men and women.

Violet: Helps to relieve itching, irritations and inflammation in most skin conditions.

Pink: A heartfelt color that can be used during emotional times, and a perfect color to end a session.

By practicing color harmonics, we can refine the sensitivity we have toward our needs and desires. We reward ourselves with an expanded sense of awareness of the beautiful colors we treasure beneath our skin. We can then enable those colors to radiate outward into the universe and truly feel balanced, no matter which season we are in.

*No medical claims are made or implied in this article, and the information does not replace the advice and care of a medical professional. ■

Julianne Bien, founder of Spectrahue Light & Sound, developed the Lumalight Color & Geometry System and its training materials. She has written books on color and light therapies, including *Golden Light: A Journey With Advanced Colorworks* and *Color Therapy for Animals*. Bien presents her theories at conferences and nationally accredited certification courses throughout the U.S. and Canada. For more information, please visit spectrahue.com.

