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healing waters and harmonic balance

WE HAVE ALL FELT THE RHYTHMIC CYCLES of our heartbeat and breathing, but it is very difficult to feel the movement of fluids within our skin. The circulation of extracellular fluids has its own rhythmic motion, independent of our heartbeat and breath, moving in and out of cells, filling the environment with nutrients. This natural movement is called a circadian rhythm, a roughly 24-hour cycle in the physiological processes of all living beings. Circadian rhythms are generated from within the cell or tissue, although they can be modulated by external cues such as sunlight, temperature and pressure.

Scientific studies show that imbalances in this system stem from survival issues, and when the skin/body experiences stress, it reacts according to its survival instincts. Releasing the stress within the emotional body of skin by using the harmonic energies of waters can improve internal stability. Activating the energy within the connective tissue restores the natural flow of energy to re-establish skin's overall rejuvenation, strength and tone. In addition, cells react differently to the tonicity of their environment based on whether or not there is movement and regulation. Skin cells function best in hypotonic environments when they are in a turgid (normal

fullness) state. The cell wall prevents the cell from bursting, and the water pressure provides the rigidity necessary for structural support. In a hypertonic solution, skin cells will shrivel and lose function, but will not lose shape because

CALENDULA IS KNOWN FOR IT'S STRONG ANTISEPTIC EFFECT AND WOUND CARE PROPERTIES. THE JOYOUS PETALS CONTAIN COMPLEX POLYSACCHARIDES WITH IMMUNOSTIMULANT PROPERTIES.

of the cell wall. Instead, they shrink away from the cell wall. The skin will appear deflated and become more vulnerable to free radical damage. In order to generate this type of cellular support and tonicity, one must have passive motion.

There are several physiological mechanisms in which passive motion may be clinically useful. This can be achieved by the application of topical hydrotherapy and the consumption of herbal infusions. Through these applications, the skin will experience an improvement to the
continues

BY ANNE C. WILLIS

quality of repair, the rate of repair, the drainage of edema following tissue damage and the reduction of inflammation. Topically, compression of infused waters restores functionality and generates movement within the living space of skin, allowing for proper regulation.

Energizing waters

The Asians believe that in order to support the physiological mechanisms, fluids in the body must keep moving in the body. Fluids dissolve waste, move damaged debris to be processed and recycled and aid in the delivery of valuable nutrients. Fluid supports cell structure and is a carrier of necessary enzymes and nutrients. The movement of fluids can be achieved internally by consuming herbal infusions at least three times a day. Examples of herbs to infuse for consumption include roses, peppermint

and red raspberry leaf. Roses are a wonderful source of vitamin C and have anti-inflammatory benefits. Peppermint leaves soothe indigestion and cool heated bodies. Red raspberry aids in the purification of blood and skin. The herbs used in infusions will modulate overly functioning systems or energize more sedentary systems, bringing homeostasis to the internal environment. Making an infusion is easy to do. Just place one tablespoon of herbs in a cup and add heated water. Allow the herbs to infuse for up to five minutes. Then strain the herbs and offer the infusion to your guests to sip their way to wellness.

In addition to consuming infusions, it is advisable to bathe with these solutions daily in order to regulate functionality. Topical application and compression of herbal infusions will energize the circadian rhythm of skin's living space, allowing for proper detoxification of cells and absorption of valuable nutrients. Various herbs can be used topically, depending on the condition you are addressing. Chickweed is a wonderful herb for soothing itchiness and inflammation of the skin, especially the eyes. It is rich in fatty acids and vitamins A, B and C, thus adding valuable nutrients to the skin. Calendula is known for its strong antiseptic effect and wound care properties. The joyous petals contain complex polysaccharides with immunostimulant properties.

Besides energizing water with herbs, salts have many uses and valuable benefits. Good quality Himalayan pink and Dead Sea salts dissolved in water and compressed into the skin activate lymphatic stagnation, assist in detoxification and aid in mineralization of the waters.

Infusing waters with positive affirmations is another level of therapy used to harmonize the frequency that can affect circadian rhythms. Masaru Emoto, A.M.P., is a scientific researcher who has performed extensive research of water around the planet. He has gained worldwide acclaim through his groundbreaking research and discoveries, and professes that water is deeply connected to our individual and collective consciousness.

Masaru Emoto was born in Yokohama in July of 1943. In 1986, he established the IHM Corporation in Tokyo. In October of 1992, he received certification from the Open International University as a doctor of alternative medicine.

Subsequently, Dr. Emoto was introduced to the concept of micro cluster water in the U.S.,

WHETHER WORKING WITH HERBS, SALTS OR POSITIVE AFFIRMATIONS, ENERGIZING YOUR TREATMENT WATER WILL OPEN A WHOLE NEW WORLD OF THERAPY THAT IS FASCINATING TO DISCOVER.

and magnetic resonance analysis technology. He has taught us that by exposing water to a particular word or piece of music, freezing it and photographing the ice crystals formed, beautiful words and music become beautiful crystals; on the other hand, malformed and misshapen crystals come from mean-spirited, negative words. The significance is that the adult human body is approximately 70 percent water, and infant bodies are about 90 percent water. Positive, compassionate words comfort and heal; negative words and insults hurt. Until recently, we knew this only because we could feel it. Now we can actually see it. Thanks to the work of Dr. Emoto, we can look to water and its frozen crystals to confirm the healing power of beautiful music, positive thinking, uplifting speech and prayer.

As the world continues to grow more complicated all the time, there is a need for spa therapies to transform into a healing oasis that includes nature and all she holds true. Whether it is serving herbal infusions to lower anxiety or bathing the feet to reduce mental chatter, clients can truly benefit from healing waters.

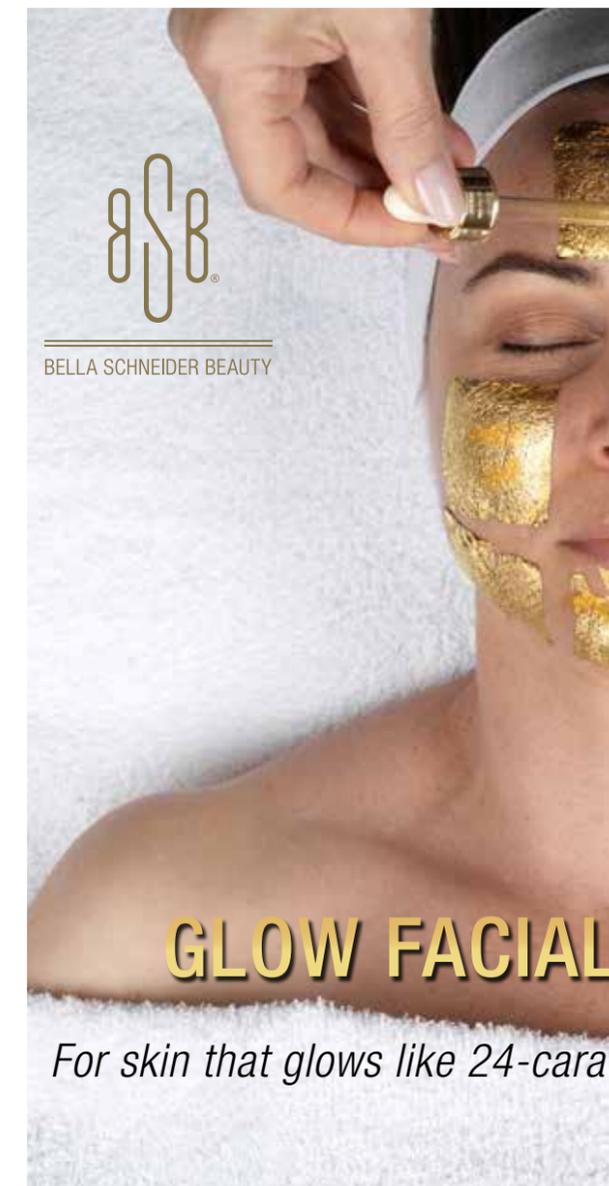
Science continues to demonstrate that our focus needs to be less on the physicality of skin and more on supporting functionality. Monitoring its internal conditions and responding appropriately when these conditions deviate from their optimal state can achieve harmonizing balance within the skin. Whether working with herbs, salts or positive affirmations, energizing your treatment water will open a whole new world of therapy that is fascinating to discover. ■



Anne C. Willis, a licensed esthetician and worldwide leader in holistic and medical skin therapies, is the founder of *De la Terre Skincare*. She is an accredited skin care instructor and the director of *Oncology Skin Therapeutics™*, bringing more than 30 years of experience and knowledge to the new generation of skin therapists. Willis is a contributor to *The Esthetician's Guide to Working With Physicians*, and has been featured in numerous publications. For more information, contact her at info@delaterreskincare.com or visit www.delaterreskincare.com.

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MAKING AN INFUSION IS EASY TO DO. JUST PLACE ONE TABLESPOON OF HERBS IN A CUP AND ADD HEATED WATER.



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