

Spas as Healing Centers

By Sandra Alexcae Moren



Sandra Alexcae Moren, B.Ed., CEO of Kyron Spa & Salon Consulting, a division of Chiron Marketing Inc. , shares her 35+ years in the Professional Beauty Industry. Her expansive background includes that of Cosmetologist, Educator, competitor, Master Judge with the Judges Panel of Canada and member of the International Spa Association, ISPA. As a former salon owner and Spa Director, it was a synchronistic evolution for her to assist individuals building profitable businesses. Sandra's experiences include every aspect of the industry: entire Spa/Salon projects , from inception to "Grand Openings", and everything in between. Living ,working and travelling internationally has allowed Sandra to personally experience and research the marketplace diversity and Spa/Salon experiences. With passion and enthusiasm she shares her knowledge; as an author, her book "Spa & Salon Alchemy" is a must read for everyone in the industry. Visit Sandra at www.kyron.ca.

A changing marketplace challenges individuals to understand and implement innovative processes to create business environments offering services, treatments and products that are aligned with the new world views.

A new set of views is forming creating a belief system that looks much like our ancient traditions, yet is reinforced and transformed by our modern sciences. An example is the recent medical theory, energy medicine or vibrational medicine, which is supported by the Einsteinian worldview, which states that all matter is really another form of energy. In other words, human beings are unique energy systems operating at different frequencies rather than biological machines.

The body is a unified energy field-an integrated whole -where Body, Mind and Spirit are one.

As individuals recognize the importance of health and well-being as life spans increase there is an increasing interest in holistic, preventative and complimentary health care. Dr Robert A. Becker has demonstrated that optimal amounts of electromagnetic energy flowing through the body could determine the level of your health. This is the basis for electromagnetic medicine, which could represent the future of health care- a bridge between eastern and western cultures, ancient and modern and Spirit and matter. Scientists now understand that the basic underlying reality behind all existence is not matter, but consciousness- a common thread in ancient mystical teachings. According to Dr. Caroline Myss, a pioneer in energy medicine and human consciousness, our Chakra system is our spiritual anatomy.

Through an understanding of how our non-physical or energetic system affects the physical body's organization structure, you will begin to realize the cellular intelligence of the body. Integrating both the non-physical and physical anatomical aspects of the body will assist individuals working in the Spa industry in understanding and implementing the advanced technologies and the holistic emerging world views into their spa services and treatments.

Chakra is a Sanskrit word meaning wheel or disk, and refers to 7 basic energy centers within what is called the subtle or etheric body. The aura, the external manifestation of the subtle body is made up of the more spiritual aspects of ourselves, experienced as thoughts, feelings and emotions. Chakras are super-imposed on the physical body as an electromagnetic field. Through modern physiology we see the 7 Chakras are located near the 7 major nerve ganglia that emanate from the spinal column. The vertebrae are related to the different Chakras based on the spinal nerves and the ganglia, and the glands of the endocrine system relate to the different Chakras. According to Dr. Richard Gerber, in the 3rd

Edition of *Vibrational Medicine*, "The Chakras, which process vibrational energy of specific frequencies are thus able to affect our moods and behavior through hormonal influences on brain activity. The Chakras play a vital role in the regulation of various states of consciousness, especially in regard to peoples' emotional nature."

The physical body is the end result of a process that begins with consciousness; energetic changes occur at the subtle level before becoming manifest as physical cellular challenges. So, that client that has blocked or congested energy in the jaw, neck or lower back could in fact be receiving messages that need to be decoded. A block in one Chakra can affect the others, similar to misaligned vertebrae in the spine. The 7 Chakras vibrate at certain frequencies in a logical and sequential order just like the colors of the rainbow and the notes on a musical scale. In fact, colors and musical notes correspond to the Chakras. Natural essences, stones and crystals have their own vibration, which are specifically attuned to particular Chakras.

Advanced education will give you the knowledge to integrate this information into your services and treatments. The human form is wondrous, magical and mysterious, depending upon our individual perceptions.

