

The Chakra System

By Sandra Alexcae Moren

In the May/June issue of Spa Canada, in the article Spas as Healing Centers, we touched on the Chakras or our non-physical energy system. In this article we will expand on the Chakras and give you ways to implement this knowledge into your services and treatments.

Chakra #1, the root or base is super-imposed at the base of the spine below the sacrum between the anus and the genitals, connecting to the coccyx, the sacral plexus and the coccygeal spinal ganglion. This Chakra is associated with the feet, legs, hips, sciatica, spinal column, blood, prostate gland, reproductive system, cells of leydig and our adrenal glands. A balanced energy in this center gives us a tremendous sense of purpose and direction in life, while unbalanced energy results in fear, lack of discipline and the inability to achieve goals. The following elements may assist in balancing this Chakra: the color red, musical note C, gemstones, ruby and red garnet, and the essences cedar and clove.

Chakra # 2, the sacral is super-imposed just below the navel and connected with the sacral and lumbar plexus. This Chakra is associated with the lower back, hips, abdomen, pelvic area, reproductive system and the hormones estrogen and testosterone. A balanced energy in the center allows emotional and sensual expression, while unbalanced energy may cause thinking too much which drains our energy, inability to feel our emotions, overindulgence or frigidity. The following elements may assist in balancing this Chakra: the color orange, musical note D, gemstones, moonstone and carnelian and the essences gardenia and ylang-ylang.

Chakra # 3, the solar plexus is super-imposed between the navel and the chest, connected with the lumbar vertebrae. This Chakra is associated with the pancreas, liver, stomach, the skin, gallbladder, adrenals, digestive, autonomic nervous and muscular systems and the hormone insulin. A balanced energy in this center gives us integrity and endurance and respect and belief in self, while unbalanced energy may create problems with the liver, pancreas, gall bladder, diabetes, anger and confusion. The following elements may assist in balancing this Chakra: the color yellow, musical note E, gemstones, topaz and amber and the essences lavender and bergamot.

Chakra # 4, the heart center is super-imposed between the shoulder blades and the sternum. This Chakra is associated with the thymus gland, heart, lungs, immune system and the blood circulatory system. A balanced energy in this center is related to love, compassion, harmony, balance and beauty, while unbalanced energy may cause moodiness, shyness, sadness, loneliness, and

difficulty in breathing. The following elements may assist in balancing this Chakra: the color green and pink, musical note F, the gemstones, rose quartz and green jade and the essences lavender and rose.

Chakra # 5, the throat center is super-imposed at the throat area and connected to the pharyngeal plexus and thyroid. This Chakra is associated with the parathyroid, neck, arms, hands, jaw, vocal cords, mouth, teeth and the hormone thyroxin. A balanced energy in this center allows one to express thoughts and feelings, listen to their intuition, and see goals manifest, while unbalanced energy may cause excessive talking, inability to listen, thyroid and immune problems and the inability to express true feelings. The following elements may assist in balancing this Chakra: the colors blue and silver, musical note G, the gemstones, turquoise and blue sapphire and the essences frankincense and eucalyptus.

Chakra # 6, the third eye is super-imposed at the brow area and connected to the carotid plexus (sinus). This Chakra is associated with the pineal gland, eyes and central nervous system. A balanced energy in this center allows us to see the big picture, reflect, forgive and be compassionate, while unbalanced energy may cause headaches, lack of clarity and difficulty in concentration. The following elements may assist in balancing this Chakra: the color indigo, musical note A, the gemstones, lapis lazuli and quartz and the essences jasmine and star anise.

The 7th Chakra, the crown is super-imposed at the top of the head. This Chakra is associated with the pituitary gland and endocrine system. A balanced energy in this center includes inspiration, wisdom, calmness and a self-knowing while unbalanced energy may cause worry, frustration, migraine headaches, stress, and depression. The following elements may assist in balancing this Chakra: the colors violet and white, musical note B, the gemstones, amethyst and alexandrite and the essences oilbanum and lotus.

Now that you have this information you may create personalized services and treatments once your in-depth consultation of the client is complete. Some ideas include: implementing color therapy with lights or colored water in the hydrotherapy tub, a vichy shower, specific essences used in the steam rooms, diffusers or in massage lotion, certain types of music and gem therapy similar in procedure to the La Stone concept. With innovative marketing and sales strategies you can offer retail items for home maintenance. Like a Rainbow Bridge, the Chakras represent Spirit and Matter, ancient and modern.



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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.