

# The Rainbow Reiki Treatment:

## Harness the Energy of Nature

Cultures have worshipped the sun since the dawn of time. Known by many civilizations to be necessary for health, happiness and longevity, the sun is recognized as one of the most holistic sources of energy, helping to feed people on many levels of body, mind and spirit.

The ancient civilizations of China, Greece and Persia all devised ways to collect the sun's energy for its healing powers, and Greek philosopher and physician Hippocrates prescribed sunlight to his patients for a multitude of disorders. But how do you reap the benefits of the full-spectrum of color energy the sun has to provide without looking like a leather bag?

While civilizations of old were driven to create temples of light to utilize the energy of the sun, in

modern times there are easier methods that won't damage the skin. Understanding your body's need for color is the first step.

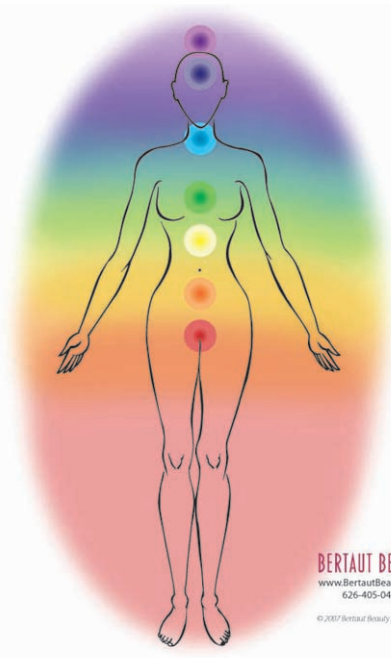
### A healthy aura

The human body's subtle energy is made up of the same frequencies that are in a rainbow. The color in and around the body—the aura—contains the colors of the rainbow, and if a person is vibrant and healthy, their aura will be bright. If a person is unhealthy or out of balance, however, the aura appears less bright or even dark. And now that aura photography has become a more popular and acceptable practice, people are able to see the colors—or lack thereof—that constitute the health of their auras.

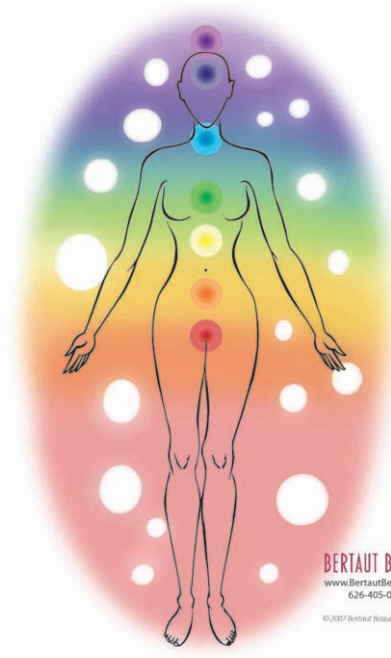
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**Editor's note:** This article is based on a presentation given by the author at the *Face & Body 2008 Spa & Healthy Aging Conference and Expo* in San Francisco.

by **Linda Bertaut**



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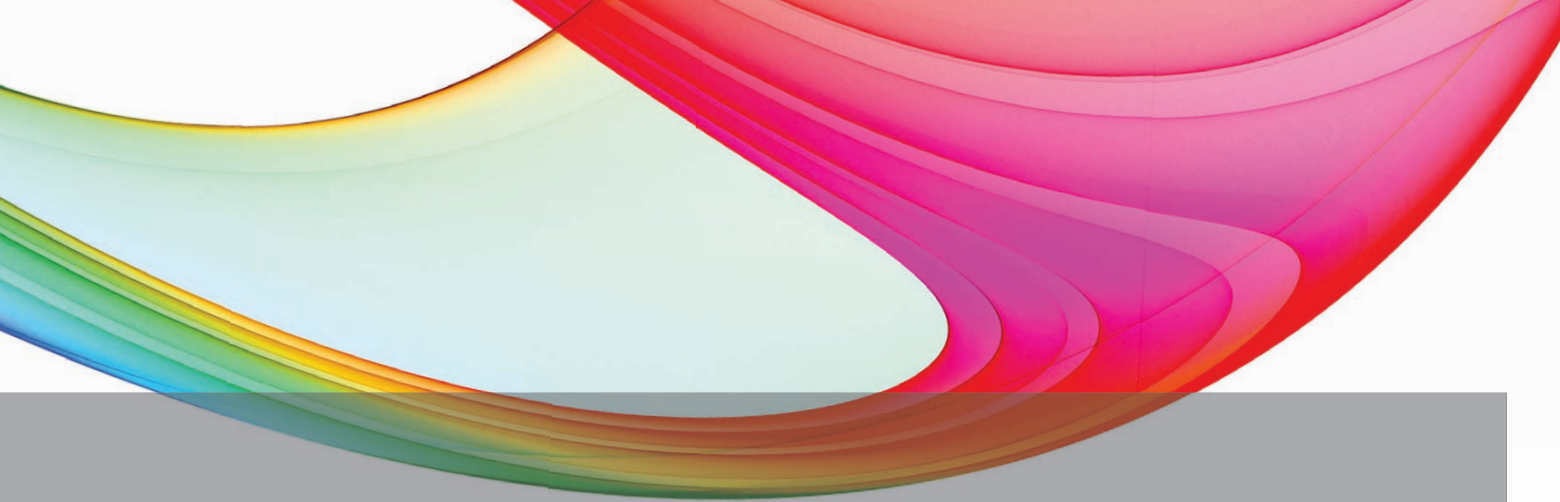
The left image shows a healthy aura, while the image on the right displays a leaky aura.

Image courtesy of Bertaut Beauty

## Knowing the Chakras

This chakra chart can help you to understand each chakra's meaning, related color, affirmations and gemstones. It also includes ideas of how to strengthen and honor the energy of each chakra.

Chakra Energy	Color	Create a Color Mood	Affirmations	Treatment Stones
<p><b>Week 1—First Chakra, the Root:</b> Physical and sensory intelligence, connecting the physical body to the earth. It is the foundation for the rest of the chakra system, including yang energy that involves self-preservation, as well as being grounded and present.</p>	<p><b>Red:</b> stimulating, powerful, intense  <b>Note:</b> C  <b>Sense:</b> smell</p>	<p>Gift your client with a red gemstone, and serve a red fruit that is in season, such as strawberries, red plums, apples or cherries. Offer them watermelon water or red jasper-infused water. Decorate with red flowers, and use earthy, woody scented essential oils such as sandalwood and frankincense.</p>	<p><i>I am grounded, safe and secure in my body.</i></p> <p><i>I take action to walk my unique path.</i></p>	<p><b>Red jasper or picture jasper:</b> energizing, grounding, good for taking action</p>
<p><b>Week 2—Second Chakra, the Sacral:</b> Emotional feeling and intelligence, with yin energy and a connection to creativity and passion. Also involves innate temperament traits, talents, values and personal wealth.</p>	<p><b>Orange:</b> creative, sensual, fiery  <b>Note:</b> D  <b>Sense:</b> taste</p>	<p>Gift your client with a carnelian gemstone. Serve freshly squeezed orange juice with a tasty arrangement of food. Dim the lights, play sensual music and display a book of art with women lounging, playing and enjoying life.</p>	<p><i>I have great abundance in my life and plenty to share with others.</i></p> <p><i>I attract and create fulfilling relationships.</i></p>	<p><b>Carnelian or orange calcite:</b> lifts emotions, sparks desire and imagination</p>
<p><b>Week 3—Third Chakra, the Solar Plexus:</b> The concrete mind and cognitive intelligence—the logical, linear mind. It involves your ability and capacity to receive and be open to learning, acting as a personal power center.</p>	<p><b>Yellow:</b> energizing, revitalizing, uplifting, intellectual  <b>Note:</b> E  <b>Sense:</b> sight</p>	<p>Give your client a citrine gemstone, and place yellow flowers in a beautiful vase. Polish any mirrors, and play uplifting, energizing music, showering your client with attention. This week it is all about them. Provide services to beautify and enhance their appearance, and serve peppermint tea. Use rosemary, spruce and peppermint essential oils to stimulate the mind.</p>	<p><i>I am the star in the performance of my own life.</i></p> <p><i>I am the most successful me I know.</i></p>	<p><b>Citrine, amber or tiger eye:</b> intellectual, energizing, self-expression</p>
<p><b>Week 4—Fourth Chakra, the Heart:</b> Pure love and nature's biorhythms, it involves acceptance, feeling the creative pulse of life, and being connected to nature and its cycles. The source of all creativity comes from the heart.</p>	<p><b>Green:</b> balancing, harmonizing, new growth  <b>Note:</b> F  <b>Sense:</b> touch</p>	<p>Gift the client with green aventurine or rose quartz hearts, along with a note sharing your appreciation for having them as a client. Introduce elements from nature such as an herbal aroma bar for sniffing and connecting with nature's mood-enhancing helpers. Play love songs of the heart while you burn green and pink candles. Use ylang ylang and lavender essential oils to inspire more self-acceptance and love.</p>	<p><i>I choose to live life passionately.</i></p> <p><i>I love myself unconditionally.</i></p>	<p><b>Aventurine, jade or malachite:</b> balancing, peaceful, uplifting heart</p>
<p><b>Week 4 Alternate—Fourth Chakra, the Heart:</b> Pure love and nature's biorhythms, it involves acceptance, feeling the creative pulse of life, and being connected to nature and her cycles. The source of all creativity comes from the heart.</p>	<p><b>Pink:</b> loving, gentle, caring  <b>Note:</b> F  <b>Sense:</b> touch</p>	<p>Gift the client with green aventurine or rose quartz hearts, along with a note sharing your appreciation for having them as a client. Introduce elements from nature such as an herbal aroma bar for sniffing and connecting with nature's mood-enhancing helpers. Play love songs of the heart while you burn green and pink candles. Use ylang-ylang and lavender essential oils to inspire more self-acceptance and love.</p>	<p><i>I am open and willing to receive all the good and abundance the universe has to offer.</i></p>	<p><b>Rose quartz, rhodochrosite or watermelon tourmaline:</b> opens the heart to love and nurtures the self</p>



Chakra Energy	Color	Create a Color Mood	Affirmations	Treatment Stones
<b>Week 5—Fifth Chakra, the Throat:</b> Individuality and sense of purpose, it's the center of communication, your true voice, and having a sense of your creative purpose in life.	<b>Blue:</b> calming, cooling, meditative <b>Note:</b> G <b>Sense:</b> hearing	Give a blue gemstone as a gift, and set up a sanctuary to honor your client's uniqueness. Have an assortment of meditation CDs to listen to, and offer journaling pads for them to write on after their treatment. Allow them to connect with their inner voice so they may communicate their essence from within.	<i>I accept who I am and honor my unique path.</i>  <i>I communicate my thoughts and purpose with clarity.</i>	<b>Apatite, turquoise or blue lace agate:</b> provides clear thought and communication
<b>Week 6—Sixth Chakra, the Brow:</b> The holistic mind, visionary and the center for clear vision. It involves seeing the big picture and how you fit into it, as well as being able to put your life into order to reach your vision.	<b>Indigo:</b> intuitive, spiritual, respectful, visionary <b>Note:</b> A <b>Sense:</b> ESP	Give a sodalite or lapis gemstone as a gift for insight. Serve fresh berries or berry smoothies, and offer an assortment of guided visualizations. Also, provide old magazines containing color photos for your clients so they can cut out images and create a vision board for themselves.	<i>I release all fear and embrace love.</i>  <i>I now attract people who reflect my highest good.</i>	<b>Sodalite, lapis lazuli or chrysocolla:</b> encourages clear vision, clarity and focus with the third eye
<b>Week 7—Seventh Chakra, the Crown:</b> Intuitive intelligence and an awakened consciousness, involving connecting to intuitive insight and wisdom to help you realize your true beauty, as well as developing understanding and wisdom beyond cognitive knowledge.	<b>Violet:</b> inspirational, illuminating, knowing, wise <b>Note:</b> B <b>Sense:</b> seventh sense	Give a lavender sachet as a gift for spiritual awakening, and have the client place this under their pillow at night for sweet dreams. Offer grapes, plums and purple foods. Light a candle for spiritual direction, and have an assortment of inspirational music to listen to.	<i>Miracles happen for me every day.</i>  <i>The universe supports me in every moment.</i>	<b>Purple fluorite or amethyst:</b> inspires wisdom, peace and intuitive connection



Full spectrum color from the sun



Incandescent bulb, missing parts of the orange and yellow spectrum



Fluorescent bulb, with energy peaks in the green and violet spectrum and missing areas in the red, orange and yellow spectrum

Images courtesy of Let There Be Light, Ninth Edition by Darius Dinshtah (Dinshtah Health Society, 2007)

Living the majority of life in artificial light is taking its toll on people, depriving bodies of the stress-relieving frequencies found in nature. The light spectrum from fluorescent or incandescent bulbs is not a perfect rainbow—it is missing some color frequencies and contains abnormal energy peaks in others.

Normalizing the color spectrum that surrounds someone will greatly benefit their ability to relax, maintain an elevated mood and feel better on a daily basis. Color infusion techniques range from the use of gemstones to the hands-on healing technique known as Reiki.

## The ways of Reiki

Reiki, pronounced *ray'-key*, is a healing energy transmitted through the hands that balances color frequencies in the energy field. Breaking down the

## Performing the Rainbow Reiki Treatment

You will not cleanse the skin or need to apply any skin care products during this treatment—save those for your facial services. It is important to let clients know this is a new, different category of service that you now offer, and they may arrive and leave with very little effort, including not having to reapply makeup or deal with mussed-up hair.

**Treatment time length:**  
30–60 minutes

**Treatment cost:**  
approximately \$40–100,  
depending on treatment length

**Supplies needed:**

- Towel
- Clean gemstones, such as red jasper, black tourmaline, carnelian, citrine, aventurine, rose quartz, sodalite, lapis, fluorite and amethyst
- Essential oil aromatherapy mists or a sachet of herbs

**Step 1:** Prepare your table by appropriately placing your supplies—a towel, clean gemstones, and essential oil aromatherapy mists or fragrant herbs made into a sachet—nearby. Polished stones are the easiest to sanitize using soap and hot water, or by placing them in the dishwasher if they are sturdy enough. You may also use pictures of stones.

**Step 2:** Prepare your client. Have her put on a wrap, select an affirmation, and choose a meditation or guided visualization before she lies down. Instruct her to take at least three deep breaths as you mist her with the appropriate essential oil combination, and let her know what you will be doing—placing the stones on her chakra centers first, then putting your hands on the head, neck and heart to initiate balance and overall wellness. You will also be incorporating light touch on the acupressure and trigger points of the head and shoulders during the treatment.

**Step 3:** Place your gemstones on the appropriate chakras:

- Red jasper or black tourmaline on a tissue at the pubic bone for the first chakra.
- Carnelian an inch below the navel at the second chakra.
- Citrine at the opening to the ribs, below the sternum, for the third chakra.
- Aventurine or rose quartz at the heart for the fourth chakra.
- Apatite or turquoise at the



base of the neck for the fifth chakra.

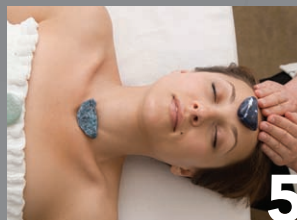
- Sodalite or lapis on the forehead at the “third eye” for the sixth chakra.
- And fluorite or amethyst at the top of the head or under the towel for the crown, or seventh, chakra.

Please note, some stones may cause a reaction, such as twitching. Stay aware, and make sure your client knows to alert you if she is uncomfortable at any time so you can make adjustments with what you are doing. Typically you will only need to remove the stone in question.



**Step 4:** With the gemstones placed on the body, go to the head of your client to start the Reiki hand positions and acupressure and trigger points. Place your hands in the first position over the eye area as shown. Hold your hands here for two to four minutes. Then slowly move them to press the acupressure points above the brow with your fingers, then circle on the temples and release. Do this twice before

moving to position two at the top of the head.



**Step 5:** For hand position two, hold your hands at the top of the head for two to four minutes, then slowly move them laterally, letting the thumbs remain at the middle of the head. Move your thumbs to the soft spot of the crown and press slowly with firm pressure. Continue pressing to the hairline where you separate your thumbs, moving laterally to the temples. Circle the temples lightly, and move your hands to the third Reiki position.



**Step 6:** In position three, cup your hands directly over the ears for two to four minutes. When you are done, gently massage the ears starting at the lobes and moving your way to the tops. Pull and unroll the ears as you massage, and do this two times.



**Step 7:** Moving to hand position four, slide your hands under the head so your palms are touching and your fingers are pressing the trigger points below the occipital ridge. Gently pull the

head toward you as you lean back slightly, and hold this for two to four minutes. When you are done with this position, you may work your fingers through the hair to rub the back of the head and around the ear area before moving on.



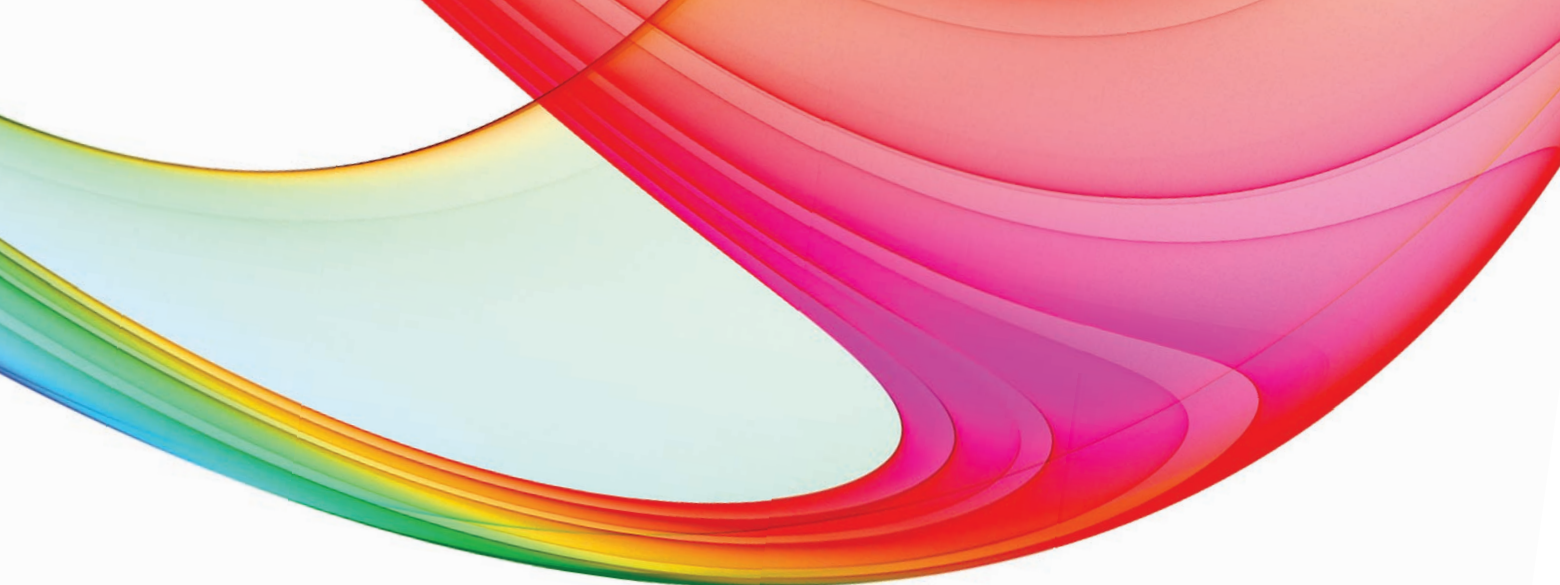
**Step 8:** For position five, place your hands over the throat area with your fingers slightly overlapping. Leave some space between the neck and your hands so the client can breathe easily. Hold your hands here for two to four minutes, then move them to the sides of the neck with thumbs down, and press the upper trapezius muscle from the base of the neck out to the shoulders with your thumbs. Repeat this two to three times as needed.



**Step 9:** In position six, slowly move your hands from the shoulder and onto the heart. Your fingers will overlap and touch the middle of the sternum. Keep your hands here for two to four minutes, then gently lift your hands off the client, keeping them together until they are over the client's head and in front of your body.

**Step 10:** Remove all the stones from the client's body, and use an energizing mist to gently wake her from the treatment.

Images courtesy of Karen Maze



word, *rei* means “universal, that which surrounds and permeates everything,” and *ki* means “life force energy, your personal energy.”

*Ki* is made up of the visible light spectrum, and *rei* is made up of the universal light spectrum that includes everything. Hence, getting attuned to Reiki gives you access to universal energy. You become a conduit for this energy that automatically brings you and others into balance with just the touch of your hands.

Using Reiki to balance the missing or overactive color in people will give them much more than just relaxation. Because you will be using the energy of the universal light spectrum, you will be able to give them the energy they are missing, as well as balance the colors they are overexposed to. The benefits of Reiki treatments include more balance, a sense of well-being and feeling better equipped to deal with day-to-day stressors. Long-term, this means a healthier and more fulfilling life for both you and your clients.

## Gemstones and chakras

Colored gemstones are a great adjunct to Reiki treatments. Laying certain stones on the body at the locations of the most concentrated energy is an excellent way to send your client into a state of bliss. Each chakra, or energy center, has a certain color associated with it, and each stone has a color frequency and specific properties with regard to healing. See **Knowing the Chakras** for more information.

Warm colors include red, orange and yellow, and are the most stimulating and energizing. Blues and purples are cool, calming and enlightening. Yellow energizes, enhances mental clarity and personal power, while green is the balancing point between relaxing and rejuvenating colors, as well as being the most healing.

Placing gemstones on your client during a treatment will work to balance their excess or deficiencies of a

color. Placing a colored stone on a chakra that is the same color will optimize the chakra's energy, while placing a complementary color on a chakra can calm overactive energies. See **Performing the Rainbow Reiki Treatment** for a guide to offering this service to your clients.

## A whole wellness

In today's environment, people are looking for more than a facial. With the Reiki Rainbow treatment, you can make a connection that your clients won't get anywhere else, and offering a seven-week color enhancement series will entice them to make your healing touch part of their weekly routine. Focus on creating an environment that captures the essence of each chakra for clients to experience, and change the environment every week to represent one of the seven major chakra centers.

There really is no right or wrong way to perform the Reiki Rainbow treatment. If your client is happy, that is what matters most. You are building trust and a deep bond through your healing touch with this treatment, and you can easily build it into a regular series of services.

Offering a Rainbow Reiki series of a half- or one-hour treatments and pricing them like you would a facial of equal time leads to a great way to build a relationship with clients. Include it on your menu as a mini retreat, and let your clients know the effects are sustained when they visit you weekly. In fact, a color a week might just be all you need to stay healthy, wealthy and wise. ✕



Check out [www.SkinInc.com](http://www.SkinInc.com) to learn more about the Rainbow Reiki treatment from author Linda Bertaut's presentation at the *Face & Body 2008 Spa & Health Aging Conference and Expo*.