



WellSpaSM

The Whole Health Resource for Wellness Spa Professionals

DECEMBER 2021 wellspa360.com

Formerly DAYSPA

THE TOP SPA AND WELLNESS PRODUCTS OF 2021

Holistic Hydration
for the skin and body

Allured business
media



Sparkling Design

How spas can incorporate healing crystals into their decor and design.

We often hear crystals referred to as “New Age,” but in truth, crystal healing is an ancient form of medicine. Since the dawn of time, people have been drawn to gemstones, using them in burial rites, divination practices, healing rituals, spiritual attunement, spatial alignment and as adornments reflecting wealth, power, beliefs or societal roles.

Crystal healing is woven into the threads of some of our most historic civilizations. The Mayans, Incas, ancient Egyptians, Australian Aborigines, Indigenous Americans, Celtic Druids and more all traditionally used crystals in their ritual practices, healing ceremonies and throughout the spaces they inhabited. Crystals can help restore the body and surrounding areas to its natural equilibrium, allowing for calibration on a physical, mental, emotional and spiritual level. They provide a holistic, noninvasive, vibrationally based system of energetic healing.

Crystals all have different capabilities and powers. Certain stones are ideal for calming anxiety and tapping into your intuition, while others create a magnetic atmosphere for expressing creativity and encouraging abundance to walk through the door.

Sparkly crystals, river rocks, polished stones or faceted gems can be laid at precise locations on and around a person's body or in a space to facilitate an energetic change. Yes—it's totally valid to stick crystals in your bra, purse or pocket. They can also be placed in a crystal grid or arranged harmoniously together in a space like the home, office, backyard, closet—or spa—to absorb, defuse, direct, detoxify, focus and shift energies.

Create a Sacred Space

Traditionally, we think of places like Buddhist temples, Islamic mosques, Hindu ashrams, Native American sweat lodges and Catholic cathedrals as sacred spaces, places where people can go to silence the mind, seek counsel, give thanks for what they have, get answers to their questions, share time with loved ones and practice self-care. But all of that happens in a spa setting as well! Treating your spa as a sacred space can create the business results you are looking to achieve, and crystals are a great conduit to those changes.

Consider that your space is alive, with a unique personality

PROFIT CENTER

that needs to be honored and tended to on a regular basis. Every object carries an energy and has an influence on our lives. Therefore, choosing certain crystals can help alter how energy or Qi flows around and through your surroundings.

The physical placement of the stone is also key in a spa setting and contains the power to encourage smooth communication, creativity, self-love, joy, monetary abundance, good health, positive energy, passion, manifestation and that *je ne sais quoi* that keeps clients coming back again and again.

When I perform Spatial Alignment consultations, part of that involves choosing crystals for someone's spaces depending on factors including their personal needs, wants and desired results, as well as their astrology chart, personal energy number and my own intuition.

Placing Crystals

I have seen interest rise in crystals within the spa world within the last few years. I'm excited to personally be a part of the creative leaps and bounds my clients are taking by fusing the beauty industry and power of crystals to support their clients and enhance the energy of their environment.

One of my favorite consultations was with Anda Spa at Ivy Hotel, A Starwood Hotel in downtown Minneapolis. I co-created with the Ivy team from conception to opening day on the recently renovated 17,000-square-foot space. Some of the highlights included energetically clearing the space of unwanted energy; wearing a hardhat and working alongside the construction crew to grid the floors and walls with crystals pre-drywall; getting a custom 65-pound hand cut rose quartz for the spa's entryway (I call this a "threshold crystal"); performing my signature Crystal Rx Readings at the opening press event; and educating the Anda Spa staff about the basics of working with stones in their spa treatments.

My No. 1 rule when working with crystals is to place them with purpose. Here are some of my must-have crystals for spa environments, and where to put them.

Rose Quartz: The Love Doctor. Rose quartz activates the heart chakra and enhances all types of love: self-love, unconditional love and love for others. This baby-pink stone is no softie, as it raises self-esteem; promotes positive energy; restores confidence; aids emotional balance; releases stress, tension and anger; and helps curb jealousy. Place in treatment rooms, changing rooms or where client consultations occur.

The NASA inspired shape of the replaceable and removable pad creates an incredibly comfortable position.

Ideal for:

- Waiting Areas
- Salt Rooms
- IV Drip Therapies

Optional:

- Heated Top
- Sliding Shelf
- LED Lighting
- Laminates

Curva Lounger

The perfect balance between comfort and sociability

OAKWORKS www.spatables.com 717-235-6807



Smoky Quartz: The Technology Cleanse. Smoky quartz protects from man-made electromagnetic frequencies (EMFs), which are invisible waves that emanate from any electrical device. Low-frequency EMFs can come from appliances and electronics, and high-frequency EMFs originate from wireless devices. Our bodies also have a natural EMF system; when manmade EMFs enter our energy field, it can throw us out of balance and cause subliminal stress to our systems.

Keep smoky quartz near electronic devices, including the computer, iPad, TV, cellphone, microwave and fuse box. Place at the front desk, check-in kiosk and near electric spa tools.

Malachite: Better Than Botox. If it was good enough for Cleopatra, then it's good enough for me! Ancient Egyptians used malachite in eyeliner, and it was used in the Eye of Horus, a symbol for protection, royal power and good health found in Egyptian temples.

Rich in copper, malachite's antioxidant properties help protect the skin's cellular structures, ideal for conditioning the complexion after exposure to the sun and other daily stressors. Adorn your retail space with products that are infused with this stone of beauty.

Iron Pyrite: The Ultimate Manifestor. Pyrite is called fool's gold because it resembles gold to the untrained eye, but there is nothing foolish about this manifesting powerhouse. Traditionally known to generate wealth, pyrite helps us channel confidence, willpower, persistence and getting things done.

Lapis Lazuli: The Stone of Communication. Also known as sodalite and blue lace agate, lapis lazuli promotes good communication between work colleagues and clientele.

Citrine: The Merchant's Stone. Citrine attracts abundance, success and personal power. I suggest placing citrine, iron pyrite and lapis lazuli at the front desk for a business-supporting trifecta.

Clear Quartz: The Amplifier. This translucent crystal is known as a master healer. It's an ideal choice for those just getting into crystals, who want a stone that can shine within a minimal aesthetic. 🌟

FOR YOUR INSPIRATION

Four of my favorite pieces by Studio Greytak, a boutique design house in Montana with creations inspired by the beauty of nature.



Crystal Bling Bowl 9 is made with rose quartz to promote positive energy and relaxation.



Olympus 9, a smoky quartz piece, can be placed near electronics to defend from EMFs.



Malachite Botryoidal on Cast Glass is ideal for treatment rooms.



Citrine on Aluminum will attract abundance and success at the front desk.



Colleen McCann is the author of *Crystals Rx* and an energy stylist at Style Rituals, which she created to be a fun, sublime and practical experience to get grounded, heal issues, practice self-care, build better boundaries, tap into intuition and more. After straddling the fashion and wellness industries for 20 years, McCann developed her own brand of glamour magic by blending her experiences as a designer, stylist, brand consultant, healer, mentor, teacher, coach, author and serial entrepreneur.