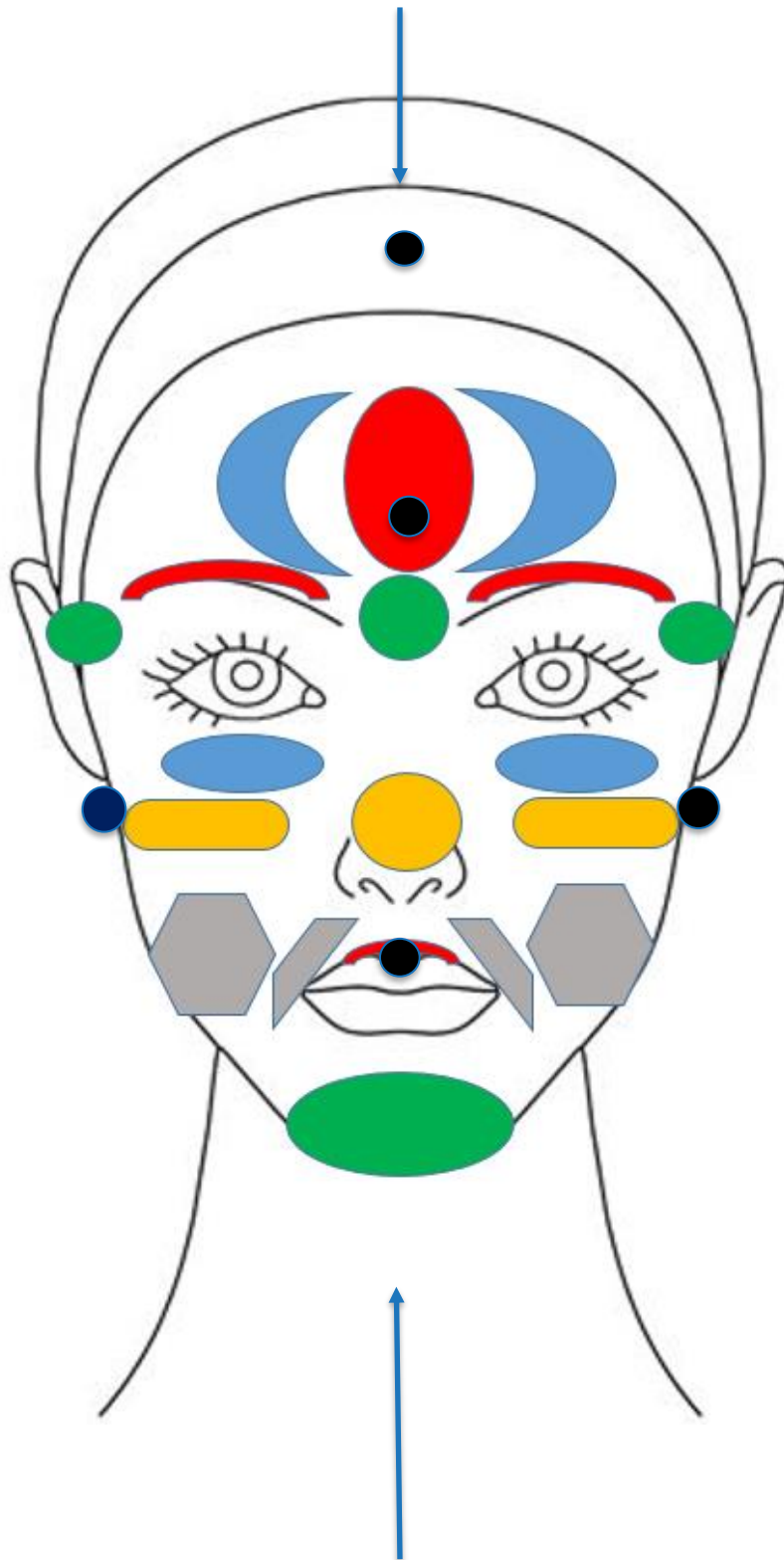


Rainbow Frequencies Facial



Water:
Kidneys,
Bladder,
Courage, Life
potentials

Wood: Liver,
Gall Bladder,
Confidence
on Life Path

Fire: Heart,
Small
Intestine, Commu-
nication, Joy, Life
Transformation

Earth: Spleen,
Stomach,
Intention,
Focus, Life
Harmony

Metal:
Lungs, Large
Intestine,
Discernment,
Life Lesson

Face general imperfections:

Wrinkles and lines – dents in Yin energy, not enough Yang

A variety of skin issues:

- too much heat
- damp stagnation
- cold stagnation
- stasis of blood
- not enough oxygenated

Tremors, ticks - Wind

Vital Energy, Qi, not holding – sagging skin on upper eyelid, cheeks, lower jaw

Moles and warts – too much yin

Hands and Nails scents spa

Hands:

Thumb- lung channel, grief, sadness, wind and cold invasion, (channel originates in the stomach area-worry-stress issues).

Index finger- large Intestine, letting go of anger and frustrations (the channel goes to your upper teeth and nostrils), good for eliminating extra heat or toxicity.

Middle finger- pericardium, heart, stomach, abdominal, circulatory and reproductive functions, connects lower, middle and upper.

Ring Finger- vitality, temperature and energy exchange (pain in ear and eye, headache)

Little finger- small intestine, discernment of truth from not truth, fear (use to clear tension, which accumulates in shoulder and neck, cheek, ear)

Sage

Peppermint

Oregano

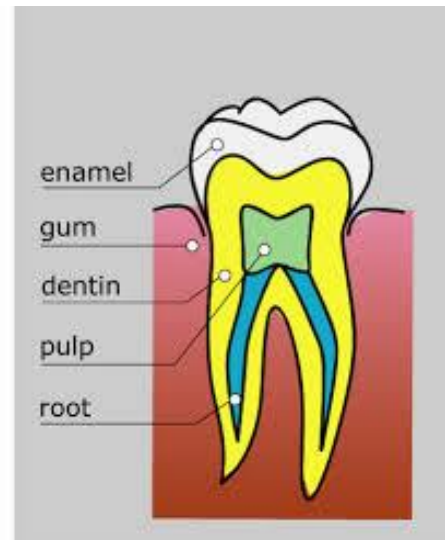
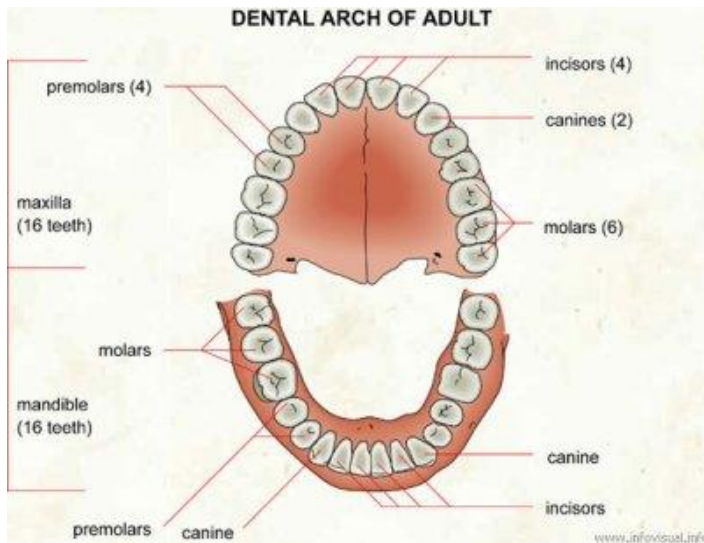
Rosemary

Lavender

Daisies

Nails:

Teeth and Gums mermaids hygiene



Incisors- respiratory and circulatory organs and glands

Canines- Liver, Gall Bladder, Spleen, Pancreas and Stomach, frustrations, stresses of the day.

Premolars- upper intestinal region and excretory system

Molars- lower digestive vessel, Large Intestine, reproductive organs.

Calcium-

Vitamin D-

Potassium-

Phosphorus-

Vitamin C-

Vitamin A-

Vitamin K-