

What is Energetic Skincare?

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The most efficient skincare products and spa treatments yielding superior results, work both at the level of matter (skin or body shape) and of energy (vital energy). That is logical knowing that the body is both matter and energy. Authentic energetic skincare requires genuine energetic products.

Only natural products have vital energy. High grade essential oils have a multiple of the vital energy of the plants they come from. Further, blends of essential oils can be selected for their inherent capacity to balance vital energy.

PHYTO5® follows the formulation principles of Traditional Chinese Medicine (TCM). The PHYTO5® products achieve energy balancing according to the five elements of TCM. The five aspects of vital energy are Wood, Fire, Earth, Metal, and Water.

The Skin

The Skin has been well studied yet it still remains somewhat misunderstood. It is traditionally seen as a complex tissue made of three major layers: epidermis, dermis, and hypodermis.

The epidermis, the outside layer, is mostly an accumulation of dead cells. During the time of one cycle of the moon, the epidermis is entirely renewed.

There are about twelve pounds of skin on an average human body. Its thickness might vary from half a millimeter to a few millimeters, depending on the part of the body. An eyelid is thin like a piece of paper, but heels can be thick like the soles of shoes.

The skin harbors an enormous amount of blood vessels, nerve endings, fluids and tiny oil glands. A square inch contains millions of cells to be fed and oxygenated and whose waste needs to be eliminated. Eventually, dead cells must make room for new ones.

In TCM, skin is viewed with great reverence. It is more than a barrier between the inside of the body and the outside environment. It is linked to the organ function of Lung (i.e. a breathing/eliminating function) and consequently, to the energy of the Metal element, but there is more.

Your skin is particularly important because it is a reflexive organ that provides important telltale signs of what is going on within your body. Any skin problem re-occurring in the same area is an indicator of your health condition. Your skin's role as a provider of natural early warning signs can help you maintain or achieve an improved state of wellness and vitality.

Reflexology

Because of the tight network of energy channels within the body, there is a direct connection between your skin, organs, and hormonal glands. Specific areas of your skin over your entire body are where specific organs or hormonal glands reflect their condition. They are the reflex zones for the organs, glands, and their corresponding functions.

Many people are aware of, or have experienced, reflexology in the form of a foot treatment. A reflexology-trained therapist can massage the bottom of your foot with great results of both relaxation and energy balancing, but few people know that the same can be achieved by working on other parts of the body that are reflex zones as well.

The face is particularly convenient as it is a place that regroups all major energies. The trained esthetician will analyze your skin and its condition(s) in a refreshingly new and entirely holistic way.

The additional benefits of reflexology can be included while doing a facial. It is how the energetic root cause of many skin conditions can be addressed.

It is interesting that doctors in naturopath—therapies that rely entirely on natural remedies—and other medical professionals, increasingly seem to share an enhanced view concerning the importance of the skin. Indeed, it seems that when the embryo goes through the process of separation of tissues, as they start their specialization, tissues that form the envelope of

the body come from the same ones that specialize as the nervous system and the brain.

Because of the way the skin reacts to what occurs both inside and outside the body, some holistic practitioners see the skin as a sort of external brain, capable of providing a large amount of psychosomatic information. Not only are physical factors manifested on the skin but emotional ones as well.

A Vital Organ

Your skin is equally affected by your physical health, and by your emotional, and mental states, therefore you can view your skin as more than simply a covering that needs cleansing and moisturizing. It is a vital organ with the gift of silent and intelligent communication.

It is extremely useful to pay attention to and learn the language of the skin, not only to look better but also to improve your overall state of wellness.

The skin as a vital organ cannot be excessively stripped mechanically or treated with acids, injected with chemicals, or cut, stretched and sewn, without consequences. Likewise, what you eat, drink, and breathe, and how you exercise your body, or not, will have consequences for your health as much as for your skin.

Skincare is caring for your entire body. That is why it is truly a holistic proposition. Anything else is a shortcut with potentially undesirable consequences.

The skin's unique role as an energetically reflexive organ gives additional reasons to be interested in energetic concepts for beauty and skincare. It also provides the reason why PHYTO5® particularly focuses on Traditional Chinese Medicine. In order to be able to move to the level of practical applications, we need to better understand the principles of the energetic method to skincare and the use of its tools.

Theory becomes practical when it directs the use of holistic products and non-invasive treatments that provide visible results.

The Einsteinian Vision

The vision of Albert Einstein (1879-1955) and the results of experimentations by quantum physicists point to the fact that only energy exists and that matter is what our senses perceive when energy vibrates at an extremely low frequency. Matter and energy are the same in their essence; they only differ in their physical characteristics and their manifestations—just as ice, water, and vapor have the same chemical formulation in spite of their very different appearances.

These modern findings support the premise of all energy medicines: The body is not just matter (solids and liquids), but also and maybe mostly, energy—vital energy.

There are many forms of energy. Some can be seen, some can be heard, and some can be measured only with sophisticated scientific equipment. Some can only be surmised because of their effects—since we do not have, as of yet, the equipment or the knowledge to measure them and therefore, to prove them objectively, yet this is true of many things that today are accepted because of the availability of ever-more sophisticated equipment but which were speculative only yesterday.

In the meantime, energy medicines, with their long-standing traditions rooted not only in Asia and India but also in ancient Greece and Egypt, have operated on the basis that the body is matter and vital energy, a life force in all living entities.

Energy medicines have been a source of inspiration for many contemporary practitioners on all continents, yet until not long ago, energy-oriented practitioners in the U.S. were often ridiculed and generally marginalized. We must be thankful to the luminaries who persevered and were able to preserve and enhance this essential knowledge which is increasingly recognized for the depth of its wisdom and the simplicity of its precepts. All of them were driven by the conviction that just as humans are subjected to the actions of others as well as the environment, nothing within our body occurs in isolation.

A Holistic View

The energy paradigm is holistic because it sees all activities of the body as totally interrelated. Unlike the car where any engine part can be replaced without affecting any of the other parts, what happens to any part of the body affects the whole through a chain reaction of energetic causes and effects resulting in physical consequences. Further, the changes are not only limited to the physical body but also involve our emotional and mental processes.

It is now better understood that this subtle vital energy is not only a necessary ingredient in the proper functioning of all cells of the body, it also carries vital information that maintains its differentiation and specialization.

An Energetic Web

The individual is a complex interconnection of multiple energetic webs, or systems, superimposed on each other. It is a property of energy to coexist with other energies without necessarily disturbing them, even when they appear to occupy what we perceive to be the same space. That is why an FM radio can be on at the same time and in the same room as a television. It is also why two or more people can be on their cell phones while in the same car, without interference (besides the noise of their voices).

Progressive practitioners in the beauty and wellness industry have begun to use the energy paradigm and the many tools it provides to better tackle the challenges of improving your potential to look and feel better. While they work like everyone else doing the traditional work of estheticians and therapists, they also work at the deeper level of the body's subtle energy. They systematically balance vital energy because any disturbance in its flow is a cause of physiological problems which, if not dealt with, have consequences at the level of skin quality and appearance and of body shape as well.

Because of their ability to have open minds, these innovative professionals do not work only with ancient theories. They actually work closer to the reality demonstrated by modern science than most of their traditional colleagues. Their work also benefits you by avoiding the short-term and long-term risks common to invasive modalities.

Their approach is harmless, because it is non-invasive. When, for the sake of the “quick-fix,” an invasive modality is used—from chemical peels to chemical injection or plastic surgery—it is not only more expensive than non-invasive treatments, it carries the potential of negative side-effects. They run from the obvious when the results are less than satisfactory to the hidden when the invasiveness disturbs energetic balance and triggers an invisible destructive set of reactions with health consequences which will be realized months or years later.

Recent improvements in the development of more advanced equipment to measure the subtle energies of the body and to deliver better tools have been caused by an increase in the number and interest of Western medical doctors. They have studied energy medicines and sufficiently experimented with many of the methods, particularly Ayurveda, homeopathy, and Traditional Chinese Medicine. As a result, they have witnessed their practical values. They have been and continue to be instrumental in opening the minds of an ever larger population of colleagues and peers.

Health Made Visible

Health is more than an absence of disease, and beauty is more than an absence of the unpleasant manifestations of unhealthy or prematurely aged skin.

Health is resilience—the natural ability to promptly return to normal functioning whenever the individual is physically or mentally attacked. And, let’s face it, we seem to be under almost constant attack, be it against our bodies, our egos or our feelings. Popular admonitions, such as, “Don’t worry so much or you’ll get an ulcer!” remind us of the connection between body, mind and emotions. Your body reflects the destructive results of mental and emotional attacks just as much as it reflects microbiological causes, be they bacterial or viral. This fact is now being rediscovered by both public and health professionals.

In most cases, Western health professionals are trained to respond to the manifestations of physical or mental problems. Fundamentally, they are in the disease-fighting business. Their mission is not about promoting

optimum health which would create an enhanced sense of beauty and well-being. The notion of prevention in Western medicine has to do with vaccination and other drug-oriented solutions to contain specific conditions. Doctors are generally not trained to develop an interest in regularly seeing customers who are healthy with the aim of ensuring they continue to remain that way.

The unacceptably high and runaway cost of this disease-fighting practice will eventually force changes. As a practical result, the know-how necessary to maintain health has to be sought outside the mainstream Western health establishment. Under the current demographic tidal wave of the baby boom, the forces of the market are nudging alert medical and beauty professionals into alternatives and new ways, creating so-called integrative medicine.

Spa Finder Magazine (January 2009) declared Energy Medicine number one in new trends that would impact spas at that time and into the future. This points to the growing importance that spa professionals and their customers are placing on effective and holistic ways to achieve and increase results.

Health And Balance

What is a state of health? The notion of balance is helpful in formulating a conceptual answer.

Balance is a state of stability but it does not imply a static condition as in a table resting on four legs. It refers to the capacity of a moving or flexible item or of a person to sustain a moving force or a disturbance, and to return to its initial state in balance as would a swing or hanging pendulum. A reed pushed by the wind returns to its normal position when the wind stops. An athletic individual might trip and quickly regain balance whereas someone with poor balance would fall down and get hurt.

Health requires balance. It requires the ability to deflect or avoid an attack and then promptly return to normal and full health.

The medical term for a state of physiological equilibrium resulting from a balance of all functions is homeostasis. So long as this mechanism takes place naturally as intended, we are healthy even if temporarily one feels the weight of a short-lived attack.

Clearly, some people have better genes than others. They are more naturally resilient. But your good genes alone are not enough. Lifestyle choices are a major contributor to your physical, emotional and mental conditions. In combination, they cause you to be more or less healthy. Getting sick is not simply a factor of touching, ingesting or breathing a disease-causing agent. Non-physical causes can also generate diseases.

You have likely experienced the relationship already evoked between excessive worrying and stomach aches, for example, which occurs without any outside agents. It is strictly an internal cause-effect process. The many forms of stress from modern life can affect your immune system and reduce your natural defenses.

The Human Ecology

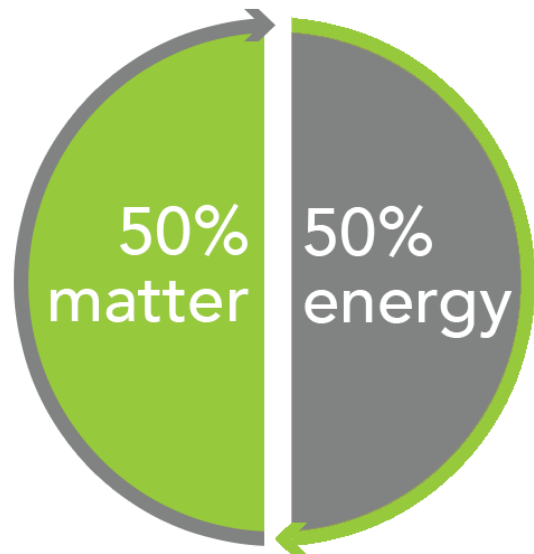
A balanced ecological system is one where various organisms which live in a common environment are mutually sustaining because they are all complementary to each other and to the whole—their environment itself. The earth is potentially a balanced ecosystem, except for the activities of humans whose industrial development is an increasing and sustained attack on that system.

In many ways, the human body is also an ecosystem with the potential for balance, except that many things can and do bring it under stress. How it responds to the stress determines how quickly and how completely it returns to balance, if ever. The cycles of nature and the cycles of human life seem to be interrelated. Whatever affects the whole, affects the parts and these parts affect other parts.

This view of humans subjected to their cosmic and earthly environment is common in various degrees to all energy medicines and it is central to Traditional Chinese Medicine.

Vital Energy and Vital Matter

For most people, the human body is thought of as being only fluids and solids interrelating with each other and with the environment through chemical reactions. That is what we learn in high school or college biology classes. That is also what Western schools of medicine have traditionally been teaching, yet it is clear that there is an evolution taking place as exemplified by more modern concepts of alternative and integrative medicines.



The view held by PHYTO5® is that the body is both matter and a very subtle, intangible but essential element called *vital energy*. You do not see vital energy any more than you see other forms of energy, but you see their manifestations.

Electricity is not visible even though the room we might be in is entirely surrounded by electrical wires within all walls. But with a light or a fan plugged in, we can see and feel the benefits of electricity.

While the concept of vital energy may seem esoteric, let's remember that since Einstein, it is known that matter and energy are not two vastly different things. They are related like the two sides of the same coin. Think of them as two different stages or manifestations of the same reality, just as water, a liquid, can also appear as a solid (ice) or as a gas (vapor), but it is always the same chemical molecule consisting of two atoms of hydrogen for every atom of oxygen (H₂O).

This concept is a part of the many meanings implied in the familiar Taoist symbol of the yin and yang within a circle. The white yang is symbolic of the energy part, whereas the black yin can represent matter. Both are necessary in the formulation of the circle. Within the one there are traces of the other as symbolized by the black dot within the white part and the white dot within the black.

Vital matter—all solids and liquids that constitute a body alive—and *vital energy* are so closely related that energy medicines surmise that vital matter is in a constant state of imperceptible movement. All specialized tissues forming the various components of the body, organs, muscles, bones, fluids and skin consists of specialized cells emitting their own specific frequencies.

Cells receive information from vital energy. Cells with the same vibrations have similar functions and constitute specialized tissues and organs. They all share the same frequencies. All those frequencies can be conceived of as an enormously large orchestra. The beauty of its music requires a harmonious contribution of sounds from each instrument and whose sound comes to our ears through vibrations.

While each instrument of the orchestra is independent, the symphony requires their interdependent output. Energy medicine sees all parts of the body in states of specific vibrations. So long as everything is working well there is no dissonance, but if any instrument deviates inside the orchestra, it becomes noticeable. When all is well, there is balance and harmony. Both balance and harmony are a requirement of health.

Key Points Common To Energy Medicines

From the philosophies of Native Americans to Eastern modalities of India, China, or Japan, there are common views of the body and how to achieve and maintain the balance and harmony that health requires. They constitute a holistic philosophy that stresses the following concepts:

- An invisible vital energy is required to carry information and to ensure proper functions of the body. Any malfunction is because of an energetic deficiency, either a blockage or a poor quality of vital energy.
- There is an interdependence of all body organs and their functions as well as their interaction with emotions, thoughts, or beliefs.
- The environment and its attendant effects of seasonal and climatic changes, affect humans as well as all other living organisms.

In contrast, Western medicine, notwithstanding its many extraordinary achievements, suffers from a credibility gap with many people today

because of its inability to see men and women as more than the sum of their body parts, and also because of its overdependence on chemical drugs. As a result, many people are disenchanted. In a quest to avoid invasive treatments, they are enticed to seek alternatives with more holistic and natural methods. In so doing, they have generated a renewed and growing interest in Ayurveda, homeopathy, and Traditional Chinese Medicine of which acupuncture is one branch.

If the notion that all parts of the body have their own specific vibrations (frequencies) including all organs, tissues, cells and their subatomic structure seems incredible, particularly when we reflect on the fact that it is estimated that there are over sixty trillion cells in the human body, then just remember that there will never exist any two exactly identical snowflakes although many billions of them fall on any snowy day! The limitations are in our mind, not in nature.