

FIRE TRANSFORMS YOUR TREATMENTS

Wellness, beauty, serenity, and longevity are all a matter of balancing the right energy. WullStone FIRE gives you transformational energy at your fingertips.

In the Eastern world-view FIRE is not simply that which burns, but is the power behind all transformations within the mind, body, and spirit.

Whether you call universal energy *Chi, Ki or Prana*; or view it as *Oriental Lii (Fire) Chi* or Ayurvedic *Pitta*, FIRE transforms stored energy within food, adipose fat, and muscles into energy, warmth, growth, healing, vigor, and work.

FIRE is the neurotransmitter of our emotions, feelings, thought processes and joy. It is the sparkle in our eyes, the spring in our step, the warmth in our laughter, the courage of our convictions, and the blush of our youth.

By adding WullStone FIRE to your professional treatments, you bring the opportunity for transformation and wholeness to each personal experience.

1. WullStone Target FIRE Therapy: delivering far infrared energy specifically to the back, face, décolleté, arms & hands, thighs, feet.

- ✓ Dramatically improves circulation of blood and lymph.
- ✓ Improves oxygenation & strengthens the cardiovascular system.
- ✓ Releases tight muscles, tendons & ligaments.
- ✓ Eases joint stiffness: improves mobility.
- ✓ Improves fibroblast functions for connective tissue repair, minimizing even intractable scar tissue.
- ✓ Boosts immune system response.
- ✓ Deep cleanses the skin.
- ✓ Facilitates removal of systemic toxins and waste.
- ✓ Aids penetration & delivery of product active ingredients.
- ✓ Stabilizes the autonomic nervous system: rebalancing for vital homeostatic mechanisms.
- ✓ Profoundly relaxing for mind and body: defuses stress.
- ✓ Reduces discomfort: relieves fatigue: boosts energy.

60 minutes of total 'Energy Infusion' – may be combined with:

- ◆ Precious and semi-precious 'energy' stones - warm for toes, & cool for face & eyes.
- ◆ Customized, personally selected essential oil blends
- ◆ 'Pre-wrap' – stimulating, energy boosting herbal or seaweed
- ◆ Vichy shower

2. Full-Body Transformational FIRE Facial: effectively delivering revitalizing energy to reach the entire body through the face, hands & feet.

- ✓ Dramatically improves microvascular circulation.

- ✓ Improves tissue fluid exchange, enzyme activity, & oxygenation of cells.
- ✓ Aids penetration & delivery of product active ingredients.
- ✓ Facilitates removal of toxins and waste products.
- ✓ Promotes collagen and elastin production within basal cell layer.
- ✓ Improves fibroblast functions for connective tissue repair
- ✓ Relaxation of muscles naturally alleviates the appearance of fine lines and wrinkles.
- ✓ Stimulation of energetic Chi and Marma points that trigger vital homeostatic mechanisms, resulting in renewed radiance and a profound sense of inner balance.

60 minutes facial treatment of choice – aroma / phytonutrient therapy, vitamin C, collagen-based, European etc., including FIRE stimulation of specific marma/Chi points on the face, hands and feet to reach parts other facials can't.

- ❖ Work scalp to start entire treatment – and/or to finish off.
- ❖ Work arms/hands for 7-10 minutes during exfoliation, enzyme peel, multi-fruit / vitamin C peel.
- ❖ Work 5 minutes on face & décolleté during standard massage.
- ❖ Work feet 7-10 minutes during nourishing, vitamin C, collagen, or other specialized mask set time.

3. FIRE Hands & Feet: elevating manicure & pedicure services to a total mindbody spa experience.

- ✓ Dramatically improves microvascular circulation of blood & lymph – even for individuals with constantly cold extremities.
 - ✓ Releases tight muscles, tendons & ligaments.
 - ✓ Reduces chronic inflammatory exudates.
 - ✓ Eases joint stiffness: improves mobility.
 - ✓ Boosts vital nutrient supply for growth of strong, healthy nails.
 - ✓ Aids penetration & delivery of product active ingredients.
 - ✓ Facilitates immune system response for improved resolution of fungal infections.
 - ✓ Profoundly relaxing for mind and body: defuses stress.
 - ✓ Reduces discomfort: relieves fatigue: boosts energy.
 - ✓ Stimulation of energetic Chi and Marma points that trigger vital homeostatic mechanisms, resulting in renewed radiance and a profound senses of inner balance.
- ❖ Once cleansing has taken place, include 5-10 minutes of FIRE massage to relax recipient.
 - ❖ And/or add at least 10-15 minutes of FIRE work to prepare hands and feet for any nourishing treatment.

- ❖ And/or include at least 10 minutes of FIRE massage after cleansing and exfoliating, or extend to full Chi/Marma point massage.

4. FIRE Reflexology: The reflexologists' perfect tool – facilitates deeper access to reflex points, and a quicker, deeper relaxation response: for those who prefer the 'soft touch' and a profoundly deep-reaching reflexology treatment.
 - ✓ Intensely relaxing, allowing recipient to 'let go' completely.
 - ✓ FIRE penetrates to over an inch into tissues thereby stimulating vital reflex points without having to exert excessive pressure.
 - ✓ Avoids triggering unnecessary, counter-productive pain response in the recipient: less demanding on the therapist.
 - ✓ An extremely pleasant experience especially when combined in synergy with music, color, aroma, and taste stimulation.
 - ✓ Dramatically improves circulation of blood and lymph.
 - ✓ Releases tight muscles, tendons & ligaments.
 - ✓ Eases joint stiffness: improves mobility.
 - ✓ Boosts immune system response.
 - ✓ Facilitates removal of systemic toxins and waste.
 - ✓ Stabilizes the autonomic nervous system: rebalancing for vital homeostatic mechanisms.
 - ✓ Rapidly enhances relief of discomfort: relieves fatigue: boosts energy.
 - ✓ Aids penetration & delivery of product active ingredients.
 - ❖ Add 10-15 minutes FIRE 'prep' time to each foot. Then follow up with 5-10 minutes specific point consolidation after general sequence completed for each foot. Just as applicable for hand reflexology administration.
 - ❖ Combine with personally chosen, customized essential oil blends as lubricant.
5. FIRE Detox: powerfully intensifying any cleansing or detox treatment: firing up the body systems to efficiently take in what the body needs, and vigorously get rid of what it doesn't.
 - ✓ Dramatically improves microvascular circulation.
 - ✓ Improves tissue fluid exchange, enzyme activity, & oxygenation of cells.
 - ✓ Facilitates removal of toxins and waste products.
 - ✓ Aids penetration & delivery of product active ingredients.
 - ✓ Improves fibroblast functions for connective tissue repair.
 - ✓ Reduces chronic inflammatory exudates.
 - ✓ Releases tight muscles, tendons & ligaments.
 - ✓ Eases joint stiffness: improves mobility.
 - ✓ Boosts vital nutrient supply for growth of strong, healthy skin.
 - ✓ Facilitates immune system response.
 - ✓ Intensely relaxing for mind and body: defuses stress.

- ✓ Reduces discomfort: relieves fatigue: boosts energy.
- ✓ Stimulation of energetic Chi and Marma points that trigger vital homeostatic mechanisms, resulting in renewed radiance and a profound senses of inner balance.

Add 5-10 minutes 'prep' time for each body area.

- ❖ Include as preparation for wrap, herbal scrub, seaweed treatment, back facial cleansing, hydration mask etc.
- ❖ Main body areas can be worked first, then apply mask or wrap etc., then work exposed feet, scalp or face during 'activity or setting' time.
- ❖ Add as integral target 'Cellulite' treatment for butt, thighs, upper arms. Work at least 10-15 minutes for each target.
- ❖ Finish with Vichy Shower.

6. FIRE Hair & Scalp: every follicle, every strand will vibrate healthy growth with grateful thanks. Transforms any standard hair service into a total body spa experience.

- ✓ Dramatically improves microvascular circulation.
- ✓ Aids penetration & delivery of product active ingredients.
- ✓ Boosts vital oxygenation and nutrient supply for growth of strong, healthy hair.
- ✓ Facilitates regeneration of hair follicles and shaft.
- ✓ Releases tight muscles in neck aiding in lymph and blood circulation to head.
- ✓ Stimulation of energetic Chi and Marma points that trigger vital homeostatic mechanisms, resulting in renewed radiance and a profound senses of inner balance.

15-20 minutes treatment time based on Ayurvedic scalp & neck massage sequence.

- ❖ Include as vital preparation for any hair 'treatment'.
- ❖ Also place Bong Mu Shon units under feet whilst client is receiving seated hair service for added relaxation & comfort.

7. Full-Body Lymphatsu© treatment: 120 minutes of total energy meridian balancing and lymph drainage. Requires Level 2 WullStone FIRE training.