



Crystal Light Therapy

A New and Incredible Healing Technique for the Spa

By Patricia J. Huff

Massage therapy is a field of ever-changing and advancing technologies.

As a therapist in private practice, one is continually seeking to stay abreast of current techniques. By so doing, the therapist is able to provide the best possible service for the client, optimize the health benefits of the massage, increase client satisfaction, and prosper in the process. In recent years the industry has seen the introduction of such new and innovative techniques as LaStone Therapy developed by Mary Nelson of Tucson, Arizona. This massage technique has been introduced to rave reviews, overwhelming acceptance, and subsequently produced increased revenues for practitioners. The benefits of LaStone Therapy are more than solely financial ones. The stress and strain released from the therapist's hands and arms due to the energy absorption capacity of the stones enables therapists to save their own bodies, expend less physical energy and thereby prolong their careers. This revolutionary technique was the first to incorporate the use of a material, in this case, stones, used in the hands of the therapist, to promote healing in the massage therapy arena.

Crystals take this process one step further. This technique of crystal massage developed over a period of twenty years is a dynamic and almost

magical approach to massage and healing. Crystal Light Therapy can expand the depth of release of energies from the body into the soul level, and do so without strain to the arms and hands of the practitioner. Crystal Light Therapy offers a safe and sacred way in which to use the healing energy of crystals in a massage practice. The entire industry is experiencing a trend towards the realization of the benefits inherent in a treatment involving the combined elements of balancing the mind, body, and spiritual energies. One of the most effective treatments used in achieving this balance is Crystal Light Therapy.

Crystal Light Therapy and the Spa Environment

As the spa industry has been experiencing a trend towards the realization of the benefits inherent in a treatment involving the combined elements of balancing the mind, body, and spiritual energies, Crystal Light Therapy is proving to be one of the most effective treatments used in achieving this balance. Healing of our world, our environment, and ourselves begins from within. Since receiving my dream vision in 1980, I have been dedicating my efforts towards developing a technique of crystal healing which would be both profound and effective in the spa environment.



Many of my clients have had life-altering experiences. Nearly all have expressed that they feel rejuvenated and somewhat changed by the experience of the treatment.

Crystal Light Therapy is being integrated into the spa environment, as more and more people want to experience treatments that massage, relax and heal the spiritual as well as physical and mental bodies. This technique provides the most perfect treatment for these clients. It begins with a guided visualization that relaxes even the most active minds and ends with a complete body massage with crystals. The treatment can be given in any massage room and requires very little expenditure for the crystals and smudging fans. The treatment takes approximately ninety minutes and a normal charge to the client would be \$180.

The five-star resort, Las Ventanas, in Cabo San Lucas, Mexico is one of several spas now offering Crystal Light Therapy treatments. Also, the exclusive Casa del Mar Hotel and Golf Resort has Crystal Light Therapy on its spa menu.

Both spas are enjoying the accolades and success associated with the treatment.

Patricia Jean Huff is the founder of Crystal Light Therapy. She has been working in the field of holistic therapies since 1980. Her studies and training include massage, Reiki, reflexology, Shiatsu, Traeger, shamanic healing and crystal healing. Patricia has lived and worked in Mexico as a holistic crystal healer since 1990. In 1996 she was drawn into the emerging spa industry where she taught massage, reflexology and crystal healing. She served as Spa Director for the Melia Los Cabos Hotel and Spa as well as Director of Spa Services for the Casa del Mar Hotel and Golf Resort in Cabo San Lucas. Her clients consist of doctors, nurses, lawyers, judges, and movie stars; informed people aware of the need to use a variety of resources to achieve balance and harmony in their lives.