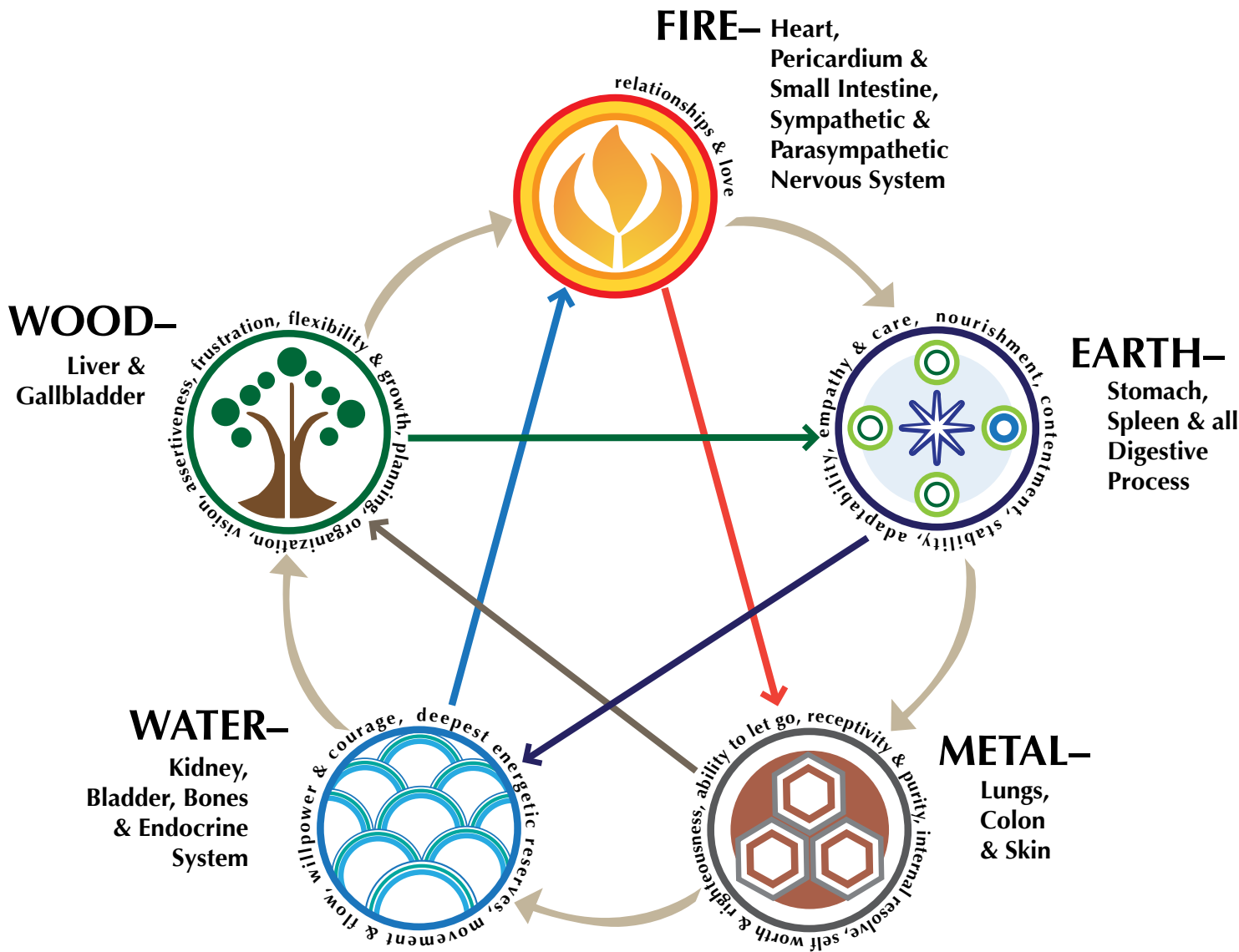
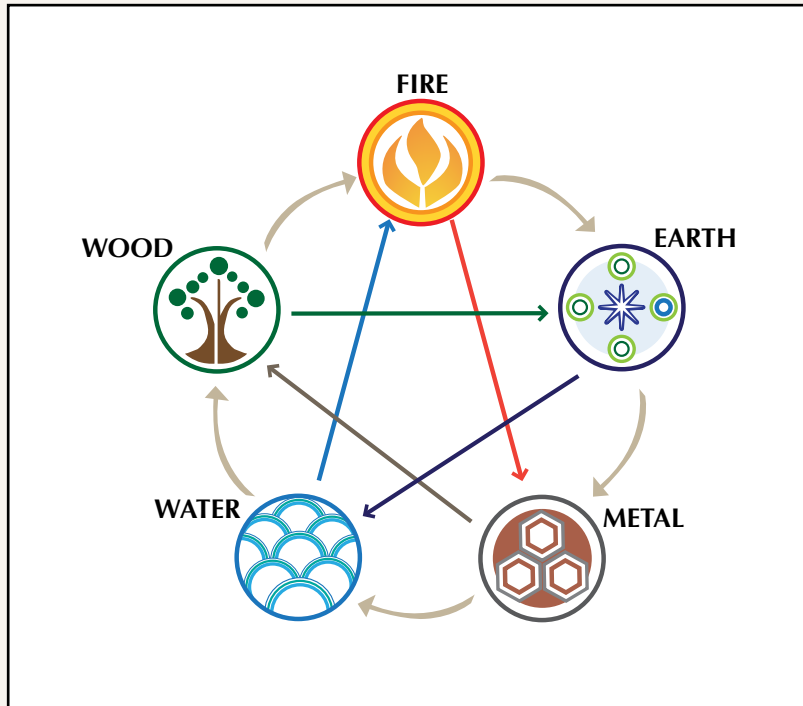




**GUIDE TO
THE FIVE ELEMENTS
THERAPY**



FIVE ELEMENTS THERAPY



There are two cycles
The cycle of creation and the cycle of control

The creative cycle is the outer ring, the control cycle the inner pentagon

CREATION	CONTROL
Wood burns to make Fire	Wood is cut by Metal
Fire decomposes into Earth	Fire is extinguished by Water
Earth is where Metal is born	Earth is penetrated by Wood
Metal enriches Water	Metal is melted by Fire
Water nourishes Wood	Water is channeled by Earth

POSITIVE ASPECTS

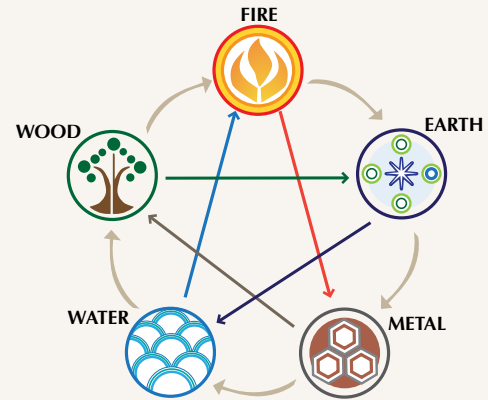
Wood – Courage and Energy

Fire – Entrepreneurship and Enthusiasm

Earth – Understanding and Concentration

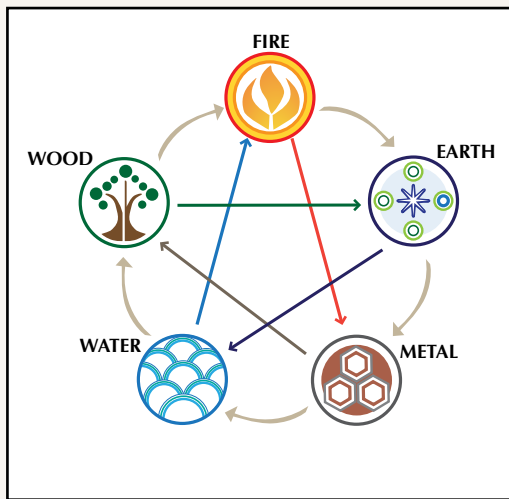
Water – Willpower and Decisiveness

Metal – Correct judgment



The Classification of Things According to the Theory of the Five Elements

Five Elements	Organ	Bowels	Surface	Five sense organs	Trait	Emotional activity
Wood	Liver	Gall bladder	Nerves	Eye	Anger	Mental Activity
Fire	Heart	Small intestine	Blood Vessels	Tongue	Arrogance and Impatience	Joy, Intuition and Peace
Earth	Spleen	Stomach	Muscles	Mouth	Worry	Pondering
Metal	Lung	Large intestine	Skin	Nose	Sadness	Orderliness and Rightness
Water	Kidney	Urinary bladder	Bones	Ear	Fear	Will Power



THE 5 ELEMENTS body treatment program is based on the ancient medical Chinese tradition of equilibrium and interconnection between all living beings. The fundamental action of these treatments is to balance and restore the “Qi” energy of the body and mind

In the 5 elements theory wood, fire, earth, metal and water was the concept developed to explain the composition and energies of the physical universe and to interpret the relationship between the human body and the natural environment. According to the theory, the five elements are in constant movement and change

as we are so the interaction is constantly changing. This interconnection explains the balance, the complex connection and the unity between the human body and the natural world.

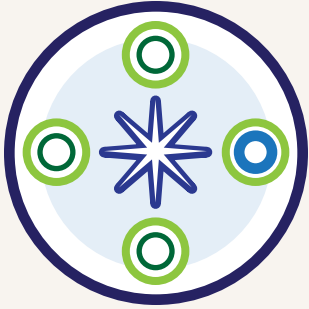
In traditional Chinese medicine the organs and tissues have similar properties to the five elements, both physical and energetic. They interact as do the five elements. Each organ and tissue has been related to and classified to each of the 5 elements.

Between the five elements there exists close relationships are classified as creation and control

The order of creation is that the wood promotes fire, fire promotes earth, earth promotes metal, metal promotes water, and water promotes wood. In this way each of the 5 elements has a creation relationship with the other, and so this cycle is also endless.

In the order of control wood controls earth, fire controls metal, earth controls water, water control fire, metal controls wood. Each of the five elements also has a control relationship with the other, and so this cycle is also endless.

These creation and control relationships cannot be separated. They are the basis for maintaining normal harmonious relations and the cycles of natural elements



EARTH ELEMENT symbolizes connection and deep consciousness; the spirit in physical form. This element is responsible for the digestion and absorption of nutrients as well as analyzing ideas and information. It is the element of harvest time, abundance, nourishment, fertility and the mother child relationship. The energy of this element is strong and rooting, the symbol of stability. **It is associated with the digestive system** and related to the sense of taste. Earth is the central balance of the elements. **When deficiency of this element, energy occurs, lack of concentration, confused thinking, excessive mental activity and hyperactivity results.**

Vital organ: Stomach subjacent organs: spleen and pancreas.

Essential Oils: Rose Geranium, Frankincense, Ginger and Green Mandarin

Base oils: Apricot and Wheat germ oil.

The treatment:

This treatment stimulates the communication between the two cerebral hemispheres by using cross body movements, also Shiatsu is done on the back and chest, combined with massage using the Earth blend. This treatment is grounding and brings a deep sense of freedom from care.

ESSENTIAL OILS

Frankincense (Boswellia serrata)

Emotional – **Connects us to our deep consciousness, eliminates confusion and excessive mental activity.** Meditative and introspective, helps free the spirit.

Used in rituals to break past connections, helping us to move forward.

Physical – Powerful immune stimulant, respiratory antiseptic and expectorant, antidepressant, astringent.

Ginger (Zingiber officinale)

Emotional – hot and stimulating; creates a balanced flow throughout the physical and energetic body. **Great for the digestion of ideas and appetite for learning. Clears mental confusion.** Helps put a solution to emotional wounds of the heart.

Physical – Analgesic, anti-oxidant, antispasmodic, heating. Used extensively for muscle pain, arthritis, sciatica and **digestive problems** of inflammation, indigestions, nausea, dizziness and loss of appetite.

Green Mandarin (Citrus reticulata)

Emotional – **Relaxing, uplifting, calming**, encouraging; raises the spirit bringing out its gentleness, integrity and vigor.

Physical – Sedative, antiseptic, antispasmodic, digestive. Tones and stimulates the stomach relieving tension and blockages. Helps eliminate stretch marks.

Calms the nervous system from mental stress; powerful for insomnia from nightmares.

Rosegeranium (Pelargonium graveolens)

Emotional – Balances the interaction between the heart and mind. Frees the intellect. Warm and comforting, heals our pain and gives us a sense of being shielded and protected. Rejuvenative. Relaxing and emotionally stimulating at the same time.

Physical – regenerating for the skin, anti-infectious, astringent, antidepressant, **pancreas stimulant physically and emotionally**.

BASE OILS

Apricot oil (Prunus armeniaca)

Very similar to the human skin, an excellent hydrator for the face, skin and scalp, helps retain water and softens, easily absorbed.

Activates the metabolism of the skin helping with cellular regeneration.

Wheat germ (Triticum aestivum)

Stimulates the conjunctive tissue and skin cells regeneration. Excellent for reducing premature aging and stretch marks. Used during pregnancy, it can reduce stretch marks by giving the skin more elasticity. Contains vitamins A, D and the highest content of E of any other base oil.



FIRE ELEMENT symbolizes energy at its highest, nature at its peak of growth, glowing, plentiful, at maximum activity. It is the warmth of human relationships. It signifies upward motion; dynamic, energetic and passionate. **The heart is the nest of all the emotions**; it contains the energy of feelings, thinking, imagination and sensitivity. **When this element is in balance life is joyful**, peaceful and contented. The fire element in balance will help alleviate most psychological problems. **When this element is out of order the person will experience confusion, lack of imagination, poor thinking and memory.** The heart is the link of all mental emotional activities. Therefore it is responsible for a balanced emotional life.

Vital organ: Heart and Pericardium subjacent organs: sexual glands.

Essential oils: Grapefruit, Rose and Rosemary

Base oils: Black cumin oil and Calendula

The treatment:

This treatment focuses on the nerves and muscles along the spinal column, balancing the nervous system and bringing a sense of deep intuition, joy, peace, equanimity and a balanced emotional feeling. The blend of oils in this treatment will reawaken passion and love as well as fertility.

ESSENTIAL OILS

Grapefruit (Citrus paradise)

Emotional – has the power to cleanse, eliminate and clarify. **Excellent for depression; gives a lightness of being to the heart and moods.** Enhances attunement, spontaneity and cooperation.

Physical – Digestive, antiseptic, anti-infectious, tonic.

Good for water retention, greasy skin cleansing toxic skin.

Rose (damascene)

Emotional – **has the most direct emotional contact with the heart** of any essential oil. **Gives us harmony, equilibrium, vitality and force, sensuality and especially joy of life.** Eases the sorrow of the soul. Gives a strong support, peace and devotion to our lives.

Physical – antidepressant, nerve tonic, aphrodisiac and an excellent cell regenerator.

Rosemary (Romarinus officinalis)

Emotional – Tonifying, invigorating, strengthening. **Encourages heart energy.** Helps the counter conditions of deficiency or weakness, **opening the path to clarity, stability and awareness.**

Physical – Cardio tonic, antiseptic, analgesic, stimulant, muscle and joint pain, counters fatigue.

BASE OILS

Calendula (calendula officinalis) Macerated in Olive oil (Olea europea) and sunflower oil (Helianthus annus).

Light, non-greasy with excellent anti inflammatory, antiseptic and rejuvenating properties. Daily use can reduce the lines of old scars; minimize varicose veins, eczema and the effects from climatic conditions. An excellent oil to use on newborns for its gentle natural quality, especially for diaper rash, minor abrasions and after the bath. Helps heal the nipples of breastfeeding mothers, antibacterial, analgesic and astringent.

Black Cumin Oil (Nigella sativa)

This oil has been used and documented for thousands of years as an immune system strengthener, cleaning the body, purifying the blood and promoting longevity. It is a heating oil promoting good circulation. Excellent for sore muscles and joints and stimulating the moving of lactic acid out of the system.

Taken internally it relieves and improves digestive problems and helps the body's natural defenses to fight and cure chronic sickness. Stimulates the body energy relieving sluggishness and fatigue.



METAL ELEMENT Symbolizes **order and precision**; quietness and reflection. Its energy is one of protection, to be involved, to be apart. Involved with the instinctual and sensorial in. It is the gravitational force, the minerals within the earth and the powers of electrical conductivity and magnetism. The Metal motion is determined, forceful, unyielding and self-reliant. It has structure but can take on new forms when molten. Its energy is inward moving, consolidating. **The metal element out of balance impairs the in take and out flow of the most powerful life force, which is air, creating blockages, grief and sadness.** In balance, **this element generates**

optimism, orderliness and rightness. Provides us with physical sensations of touch as well as taste, smell, sight and hearing.

Vital organ: The lungs. They are the residence of the most pure joy of life.

Subjacent organ: Large intestine

Essential oils: Clove, Cypress, Eucalyptus and Douglas fir

Base oils: Almond, Jojoba and St. John's Wort

The treatment:

A treatment involving firm pressure with stretching, pulling and twisting to restore harmony in the mind and body.

ESSENTIAL OILS

Clove (*Syzygium aromaticum*)

Emotional- **Balances the effects of the emotions of grief and sadness on the lungs and intestines. Aids in awakening the senses, giving us sensitive confidence, discouraging inhibiting thoughts and encouraging progression.** An oil of action.

Physical- A general stimulant and toxic, antibiotic, antiseptic, analgesic, antioxidant, antispasmodic and strongly anti-infectious.

Cypress (Cupressus sempervirens)

Emotional- **Liquefies emotional congestion** making it easier to leave the body. **Helps to put the cause of grief and sadness** behind us and put an end to negative relationships. **Gives stability, willpower and the ability to cope in our transitions.**

Physical- Disinfectant, arterial decongestant, antiseptic, astringent. Use for colitis, water retention, edema, stimulating the circulation and pancreas. Excellent for the lungs to relieve bronchitis and asthma.

Eucalyptus (Eucalyptus globules)

Emotional- Imparts a sense of newness and fortitude, of a long time on earth. Powerful healer; it encourages the healer within us. It gives emotional balance, concentration, centering and rationality.

Physical- **Excellent for all respiratory conditions**, antibacterial, expectorant, analgesic, stimulates the circulation and helps relieve arthritis, rheumatism, muscle and fibrosis.

Douglas Fir (Pseudotsuga menziesii)

Emotional- The fragrance enters us deeply and stirs our understanding of nature allowing us to embrace its presence, acceptance and wisdom. It teaches us the generosity of spirit is what endures in our deeds and loves. **It promotes mindfulness, direction and perseverance.**

Physical- Anti-infectious, antidepressant, **respiratory balm**, circulatory stimulant, calms arthritis and muscle pain. An excellent overall nervous system tonic.

BASE OILS

Almond (Prunus amygdalus)

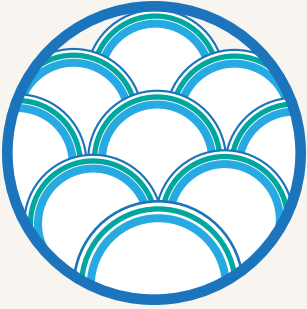
Contains properties very similar to the natural oils found on our skin. Good for softening the skin and balancing water loss and absorption. Rich in vitamins A, B1, B6, E and linoleic acids, The Chinese have used almond oil as an analgesic and muscle relaxer for 2000 years.

Jjoba (*Simmondsia chinensis*)

The deepest penetrating of the base oils. A great hydrator with a light, non greasy texture. The chemical structure is very similar to that of our skin. Disinfects the skin, cleans the pores and dissolves excess grease. Gives the skin elasticity helping to conserve a youthful appearance. Helps prevent and eliminate stretch marks during and after pregnancy.

St. John's Wort (*Hypericum perforatum*)

This from the flowers of the plant macerated in organic olive oil. Used extensively for its ability to reduce arthritis pain, sciatica pain, muscle pain and burns. The antimicrobial properties are effective in the treatment of wounds. Stimulates the formation of tissue for rapid and healthy healing, especially after surgery. Best known for its anti depressive quality.



WATER ELEMENT is the essence of life itself. When still it contains the potential for creation. **It is the fluid of life, nourishing, cleansing and maintaining.** It has the capacity to flow; yielding and at the same time powerful; still and silent, with the potential for devastation. The water element brings out the intuitive, compassionate, sensitive and gentle nature. **When there is an imbalance in the water element, psychologically it can result in anxiety, insecurity and lack of confidence.** Water oversees the balance between fear of being exploited and wanting to dominate. **In the physical body this imbalance can result in lethargy, low back ache and poor concentration.**

Vital organ: Kidneys. Subjacent organs: spleen and pancreas

Essential Oils: Bergamot, Cedar, Clary sage and Siberian fir.

Base oils: Almond and Sesame oil.

The treatment:

A Chinese based lymphatic body treatment using long undulating body movements to create an energetic ripple effect throughout the body facilitating drainage. This treatment will help to balance the water element energy, giving a feeling of inner strength.

ESSENTIAL OILS

Bergamot (Citrus bergamia)

Emotional - A powerful antidepressant. **Good for insomnia and stress.** Give us the Joy of Living, of possibilities and illumination of ideas. Opens us to our hearts desires.

Physical - Anti-inflammatory, anti septic, anti spasmodic, relaxes the stomach. **Highly photosensitive.**

Cedar (Cedrus atlantica)

Emotional - **Helps unblock and remove chronic psychological obsessions. Give us strength of will, steadiness, solidarity and confidence.**

Physically- Antispasmodic, **lymphatic tonic**, calms the nervous system, regenerative and **stimulating for the circulatory system.**

Clary Sage (Salvia Sclarea)

Emotional - Highly anti depressive, especially when combined with Bergamot. Aphrodisiac, nerve tonic. **Helps solve emotional and psychological afflictions.** Encouraging, balancing and restorative. Promotes contentment.

Physical - Reduces **muscle tension caused by emotional and mental tension.** Helps open the lungs and free the breathing when constricted by nervous tension.

Siberian Fir (Picea obovata)

Emotional - **Associated with long living, powerful, deeply penetrating, inner understanding, attunement with nature and creation.** Encourages humility, simplicity and perseverance.

Physical- Restorative, tonic, anti-infectious, antiseptic, **circulatory stimulant.**

BASE OILS

Almond (Prunus amygdalus)

Contains properties very similar to the natural oils found on our skin. Good for softening the skin and balancing water loss and absorption. Rich in vitamins A, B1, B6, E and linoleic acids. The Chinese have used Almond oil as an analgesic and muscle relaxer for 2000 years.

Sesame (Sesamum indicum)

This is one of the most beneficial base oils health. Highly prized for its anti toxic properties. It gather all the oil soluble toxins and removes them from the body and skin, especially after and illness or the use of antibiotics. In massage it relaxes and eases muscular pain, spasms and sciatica and warms the body.



WOOD ELEMENT is associated with growth and progressive life cycles. Its energy is upward and expanding. **Wood is the most human of the elements. It is the element of spring, the creative urge to achieve, to reproduce.** It deals with growth, expansion and flexibility. It represents the self-regulating, non conscious activities of the body-digestion, heart beat and basic metabolism. **An imbalance in the wood element causes an obstruction in this energy leading to feelings of frustration, anger, depression, lack of good sleep and irritability.**

Vital organ: Liver subjacent organ: Gall bladder. It is our source for new ideas, dreams, higher desires and fulfillment.

Essential Oils: Chamomile, Peppermint and Orange.

Base oils: Aloe Vera, Avocado and Wheat germ oil.

The treatment:

A very relaxing, intensive oleation, skin repair treatment to balance mental activity and stimulate the skin to breath, expand and repair through the action of the oil blend applied during the treatment.

ESSENTIAL OILS

Chamomile (Chamaemelum ormenis)

Emotional – **Relieves nervous tension which is a major cause of wood imbalance, causing frustration, anger and irritability. Good to alleviate depression and insomnia; encourages kindness, mindfulness and centering.**

Physical – Antispasmodic, **nervous system sedative and tonic.** Desinflammatory for the skin. Aids in digestions, **opens the flow the liver and gall blader, reducing anger.**

Peppermint (Mentha piperita)

Emotional – **Helps remove obstructions and clear the head** allowing for expansion, growth, regeneration, progress and fuller understanding.

Physical – Antiseptic, stimulant, analgesic, anti-inflammatory, astringent and digestive aid.

Orange (*Citrus sinensis*)

Emotional – **Excellent for clearing depression** quickly. Frees us for new ideas, dreams, joy and higher fulfillment. **Excellent for insomnia when combined with Mandarin** in equal parts.

Physical – Tonic and sedative for the nervous system, **helps reduce water retention**, digestive, antispasmodic.

BASE OILS

Aloe Vera (*Aloe barbadensis*) Macerated in Canola Oil (*Brassica napus*) Protects and firms the skin, regulates the moisture and relieves irritation, especially from sunburn. Lightly antiseptic, helps relieve itching from bites and pain. Activates the cell regeneration of the skin, accelerating healing.

Avocado (*Persea americana*)

Cold-pressed from dried fruit.

One of the base oils easiest to penetrate the skin. Excellent for the treatment of mature skin, dry skin, damaged skin and eczema. Helps regenerate skin damaged from sun dehydrated or under nourished. Accelerates the closing wounds and scarring. Used regularly, stimulates the production of collagen, significantly increasing the percentage in the dermis. Increases elasticity, hydrates and purifies. A highly valuable unsaturated oil taken internally for reducing cholesterol.

Wheat germ (*Triticum aestivum*)

Stimulates the conjunctive tissue and skin cells regeneration. Excellent for reducing premature aging and stretch marks. Used during pregnancy, it can reduce stretch marks by giving the skin more elasticity. Contains vitamins A, D and the highest content of E of any other base oil.