



The Power of Chi

By Michael Scholes

Michael Scholes School for Aromatic Studies
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What is Chi?

Chi is universal life force energy. Traditional Oriental medicine is based on the premise that for everything negative there is a positive balance. The energy known to create this positive balance in Oriental medicine is called chi or universal life force energy. Chi is vital to organs and the overall health of the human body. Chi must circulate freely within the body so illness does not develop. When this life force energy is blocked the chi does not circulate and dis-ease and illness can set in.

In China doctors were traditionally visited, not necessary to heal illness but rather to maintain good health. This same philosophy is behind the development of the chi line, a system which will help to maintain optimal health. The Power of Chi line was created to incorporate the principles of Traditional Chinese Medicine and apply this knowledge to an aromatic line that would help to balance and harmonize the body, mind and spirit. This involves using the understanding of positive yang and negative yin energies within the systems of the body as well as the essential oil selections. For balance to occur, harmony of the positive and the negative energies must be in alignment. The Power of Chi line was created to balance the Yin (negative) energy and the Yang (positive) energy of the body by selecting essential oils for each system which helps to create a synergy of balance between these two forces of energy. This complete systems line is designed to bring bodywork/energy work to a new level of expression. These products when applied to the body will address the challenge being treated and allow for the release of blocked energy as well as increase the amount of vital energy or chi within the system for balance and harmony.

Why the Chi Line?

The Power of Chi is designed to stimulate and regulate the flow of energy that the body is receiving. Many massage therapists know a lot about massage techniques, anatomy and physiology and the systems of the body but very little about essential oils. Although many massage therapists have a basic training in essential oils very few have the confidence to blend essential oils together and create synergy's that are both effective and smell good. Typically, many massage therapists add a few drops of an essential such as lavender to a base of canola, grapeseed or sweet almond oil and advertise this as an aromatherapy treatment. Our expertise is the essential oils themselves and the blending of over 150 essential oils and thirty carrier oils in specific dosages that are effective in working on specific conditions and energy systems. Over the past ten years we have demonstrated these blends in our classes and have refined the blends on the feedback from our clients and students. We are confident that the Power Of Chi line will be the perfect marriage in any massage or reflexology treatment. The Power of Chi massage system is designed as a complete system that will meet the need of even the most demanding of practitioners. The Power of Chi treatment has been developed to incorporate into existing treatments or applied as a specialty treatment for stress reduction and balance. The Power of Chi system blends when applied to the body will address what is needed in each area of the body and allow the flow of Chi to move through the body.

What is in the Chi Line?

The Chi's line addresses each of the different systems of the body. The line consists of 11 4oz/120ml topical massage oils that are also available in concentrated synergy's (12ml) that will enable the massage therapist or practitioner to customize the treatment and increase the dosage if required by extreme cases. The topicals help to assist the energy and movement of chi (energy) in the physical body. Each system of the body is covered with a separate blend with the digestive system having two blends for sedating or stimulating. Each Chi massage oil is blended in a 5% concentration of essential oil (most massage oils are between 2-3%) in a specific carrier base depending on the specific system it is designed for. We describe our massage oils as being oil free not because they contain no oily components only but because we choose the most emollient and absorbent carriers that leave no oily residue on the skin (we do not use canola, grapeseed or sweet almond oil).

How do I use the Chi Line?

Step One:

Begin by anointing the specific systems of the clients body by applying a small amount of the specific Chi Massage Oils to the body. An average of seven blends can be applied in a treatment although there will be one main blend (depending on the clients condition) that can be used throughout the treatment. The main Chi topical will be determined at the beginning of treatment. When anointing the body the client will lay face upward first. After application on the front of the body with a number of massage oils the client is now ready to turn over, applying the specific blends to the back of the body. Allow the body at least two minutes to take in the essential oils before beginning the massage. The purpose for applying all the blends before hand is to allow the benefits to the systems of the body for the full length of the treatment. Do not be concerned with overlapping some of the blends. It is not necessary to wash your hands between blends. Do not be concerned about the oils being absorbed by any linens. Apply enough oil for the body to absorb to begin getting the benefits.

Step Two:

Starting at the base of the body (root chakra area) Muscular Chi is massaged into this point both front and back of body including the lower back, legs, root chakra, buttocks, hips and upper thigh area.

Step Three:

Moving upward to the Naval Chakra (point two inches below belly button) Urinary Chi is anointed both front and back). Feminine Chi can also be applied to this area if the client is experiencing any discomfort from monthly cycle or regulating system. This blend can be massaged onto the pressure points on the feet. Anoint navel chakra and the lower abdominal region. Reflex points can be massaged on feet for bladder, kidneys and reproductive organs.

Step Four:

Stomach Chi (choose sedator or assimilator depending on condition of client) can be applied into the lower abdominal area on both the front and back of the body including reflex points on the feet (one or two drops of the Chi synergy is highly recommended for the feet).

Step Five:

Nerve Chi is massaged into the Solar plexus (emotional center) area (front and back) along the waist in addition to reflex points for the head on the feet (end of toes).

Step Six:

Respiratory Chi Accelerator is massaged into the chest, upper neck and shoulder area (back and front).

Step Seven:

Hormonal Chi Balancer is applied to the throat area and upper neck and shoulder area in addition to the reflex points for the thymus and thyroid. Put gentle pressure around the thyroid area.

Step Eight:

Apply Immune Chi Strengthenener on the back of the body only. Massage up the spinal column and reflex points on the feet.

Step Nine:

Massage Circular Chi Enhancer into feet, ankles, knees, wrists, hands, elbows, lower legs, feet and ankles.

Step Ten:

Lymph Chi is an overall massage blend for the whole treatment. Use as overall body blend.

Post Treatment

Have your client drink lots of water, leave the blends on the body as long as possible (as the benefits of the treatment will continue for several hours after the treatment) and only do light easy movement for the rest of the day (No heavy exercise or activities). Stored energy will be released and toxins removed from the system. Drinking plenty of water will help to cleanse and release the toxins from system. Encourage your client to rest and take it easy.

Prepare the Chi blend which was the overall massage blend for the treatment for take home products to be used after treatment for the next few days.

What The Chi Line of Massage System Oils Contain

Circular Fluid Chi Enhancer

MO1000 4oz Massage

MO1100 12ml Synergy

Juniper, rosemary, lemongrass, thyme and more energizing oils.

Assists the body to release fluids and toxins and helps to regulate the flow of Chi throughout the system.

Stomach Chi Assimilator

MO1200 4oz Massage

MO1300 12ml Synergy

A blend of tarragon, fennel grapefruit, and lemongrass.

Assists the body to digest and move blocked Chi which is restricting the flow of energy causing a constipated, stagnant feeling.

Stomach Chi Sedator

MO1400 4oz Massage

MO1500 12ml Synergy

A soothing blend of tangerine, marjoram, lavender and other sedating essential oils.

Assist the body in relaxing and balancing. Allows the Chi to harmonize and help to relieve uncomfortable symptoms in the abdominal and colon area.

Hormonal Chi Balancer

MO1600 4oz Massage Blend

MO1700 12ml Synergy

Blend of geranium, fennel, camomile

blue and other essential oils that

assist balancing and regulation.

Assists the body in maintaining a balanced flow of Chi to all the systems of the body for maximum output of chi.

Immune Chi Strengtheners

MO1800 4oz Massage

MO1900 12ml Synergy

A blend of eucalyptus smithi, oregano, ravensara and other immune activating oils.

Assists the body in developing a strong chi' force. Helping the body to ward off outside forces of negative or stagnant chi.

Lymph Chi Activator

MO2000 4oz Massage Blend

MO2100 12ml Synergy

A blend of cypress, angelica, parsley, grapefruit, and other activating essential oils.

Assists the body to detoxify and release toxins and fluids that block the flow of Chi energy.

Muscle Chi Rejuvenator

MO2200 8oz Massage Blend

MO2300 12ml Synergy

A blend of vetiver, spearmint, birch, tarragon and other essential oils to help muscle tone. Assists the body in rejuvenating the tissues and muscles with vital Chi energy for optimal output.

Nerve Chi Balancer

MO2400 4oz Massage Blend

MO2500 12ml Synergy

A sedative blend of lemon, vervain, eucalyptus stageriana, champaca, and other essential oils to help calm and support.

Assists the body in allowing for a positive flow of Chi for the balance of body, mind and emotions.

Feminine Chi Cycle

MO2600 4oz Massage Blend

MO2700 12ml Synergy

A blend of clary sage, fennel, tarragon, blue camomile, lavender and other essential oils which help assist in balancing the monthly moon cycle.

Assists the body in moving stagnate energy and allows the free flow of positive Chi.

Respiratory Chi Accelerator

MO2800 4oz Massage Blend

MO2900 12ml Synergy

A blend of cajeput, hyssop, frankincense, nialoui and other oils to help assist respiration. Assists the body by providing vital Chi energy which rejuvenates and energizes the respiratory system.

Urinary Chi Release

MO3000 4oz Massage Blend

MO3100 12ml Synergy

A blend of juniper, celery, sandalwood, and other essential oils to aid with fluid release.

Assists in helping to remove toxins and fluid build-up and allows for positive chi flow.

Michael Scholes is an aromatic consultant and teacher of aromatherapy. He can be reached at:

Michael Scholes / The Laboratory Of Flowers

4218 Glencoe Ave, Studio 4

Marina Del Rey CA 90292

P/ 310-827-7737 F/310-827-6068

email: mhscholes@aol.com

For more information on aromatherapy, go to www.labofflowers.com