



Wellness Stylist University

Wellness Stylist Inspiration Hour 2020

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key points

1

The Salon and Spa industry is selling, by far, one major commodity: Happiness. Of which is comprised of a plethora of ingredients rooted in our ability to deliver actionable and repeatable steps that, when experienced, offer a recipe of contentment, nurturing, acknowledgment, expression, and sensory-rich celebration to our clients.

2

Both hard skills and soft skills are approached with equal regard in the Wellness Stylist Program, with an emphasis on the soft.

Relationship, E.I., and interpersonal/introspective practices. This creates a foundation of mindfulness and self awareness that offers a solid foundation of which to interpret the energetic arts with as minimal bias and projection

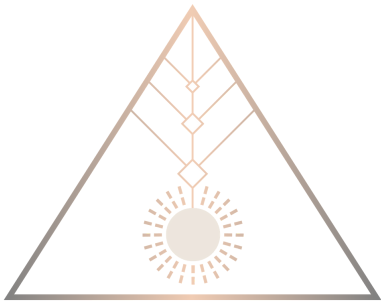
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energetic and mindfulness processes and practices are executed within as an inner experience, habits that uplevel quality of life, and externally as service experiences and action steps that create long lasting Wow results.

4

Topics for current and future discussion include:

- **Aligned Soul Branding.** Choosing colors and symbols using your medicine, purpose, north star, and astrology chart.
- **The Target Market** that cares and is ready to invest in luxury services that are easy on the practitioner's body
- **Manifest Your Life Hair Consultation.** An impactful and memorable consultation method that utilizes expression of personality via geometry and color therapy as a mantra and personalized reminders of desires.
- **Professional boundaries and goal setting as an Empath.**
- **Cultivating personal power** in communication, decision making, and manifestation abilities.
- **A list of Energy Healing modalities and certifications.** I.E., Reiki, Healing Touch, Shamanic Practices, Field Dynamics, etc.
- **Tools of the Trades;** essential oils, crystals, singing bowls, dowsing rods, card decks, herbs and plants.
- **Intention and Ceremony;** the power of *the beauty way*
- **Intentional relaxation** through simple breathing techniques and guided meditations.
- **Using Astrology, Human Design, and Numerology**
- **Masterclasses with professionals** outside of the hair industry. Be part of the Wellness Community.



Abbey Rose

— WELLNESS —

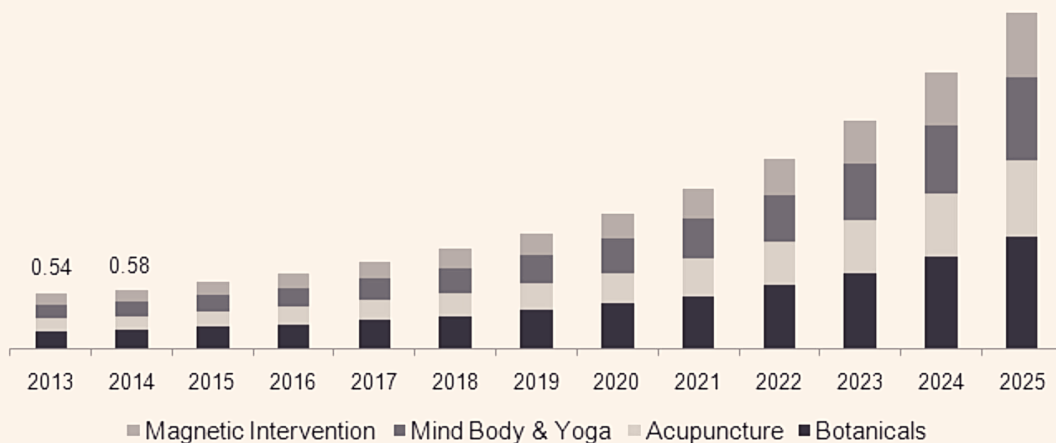
Modern Salon

"All things 'wellness' are the most in demand treatments in spas right now. And it's not just a fad that will come and go. People are slowly realizing the importance of a balanced life— body, mind & spirit. In a world of high stress, packed daily schedules and multiple demands on our time in attention, finding ways to reduce stressors has never been more important. Treatments such as massage and acupuncture balance and heal the body while calming of the mind and spirit. Energy healing, such as Reiki, activates the bodies subtle energy systems and stimulates natural healing within the body to reduce stress and restore physical and emotional well-being."

-Jade Billard, spa supervisor, SiSpa at Palm Beach Merritt, Modern Salon 1/30/17
Sa

\$196.87 Billion Dollar Industry by 2025

Complementary & Alternative Medicine Market, by intervention, 2013 - 2025 (USD Billion)



The future of Wellness Services has already been pioneered...



The medical fields ability to blend practical science, emotional healing, and energy therapies, has resulted in trackable improvements in experience, recovery speed, and reported better overall quality of life.



Practice *in healing*

New Look for Western Med. Resumé's

Location

Rochester, Minnesota

Clinical Profile

SUMMARY

Research interests include:

- Stress management
- Resilience training
- Meditation
- Smoking cessation
- Cancer symptom control (fatigue, hot flashes)

PUBLICATIONS

See my publications

PROFESSIONAL DETAILS

Academic Rank

Professor of Medicine

EDUCATION

Fellow - Integrative Medicine

University of Arizona

Fellow - Advanced Internal Medicine

Mayo Clinic College of Medicine and Science

MS - Clinical Research

Mayo Clinic College of Medicine and Science

Certificate

Yoga Sadhna Center -

Yoga and Pranayama Experiential course

Certificate - Reiki certificate course

Cosmic Rhythm Center

Diploma - Diploma in Acupressure

Acupressure Research Training & Treatment Institute

Resident - Internal Medicine

Albert Einstein College of Medicine

Senior Resident - Medical Oncology

All-India Institute of Medical Sciences

Resident - Internal Medicine

All-India Institute of Medical Sciences

Internship - Pediatric Medicine

Gandhi Medical College

MD

Gandhi Medical College

An example of the qualifications of a current MD at the Mayo Clinic that includes a few different certifications in energy work and alternative medicine examples.

Studies have continued to improve in clarity and proven results in many different modalities considered "alternative" are continuously growing. It speaks volumes doctors are adding these credentials to their repertoire.





Recipe for Happiness

The Mayo Clinic Handbook for Happiness

The Mayo Clinic Handbook for Happiness by Amit Sood, M.D. is like a treasure map that leads you step-by-step along a clearly marked path to an incalculable reward. Your reward is not a diamond mine, not a pirate's stash, but something far more valuable — a lifetime of joy and contentment. Based on Dr. Sood's popular, clinically proven stress management program, The Mayo Clinic Handbook for Happiness offers a straightforward plan anyone can implement across 10 weeks. Dr. Sood's four-step self-help process is a joy to undertake and offers you wonderful rewards:

- In Step One, you'll learn how to better regulate what you think and perceive. This step is actually so enjoyable, Dr. Sood likens it to "adding chocolate powder to your glass of milk."
- Step Two is truly powerful. It will "enhance your inner strength by making you emotionally resilient and happier."
- Step Three produces results that users say range from "momentary calm" to "ecstatic bliss."
- Step Four is designed to "help you decrease your stress and increase the energy available to you each day."

The Mayo Clinic Handbook for Happiness can truly transform your life. It's based on the exact same techniques Dr. Sood has used to help many, many others.

[Article Link here](#)

The Mind, Body, Spirit connection is vital for the most well rounded evolution of the Practitioner and the ability to deliver safe, high vibe healing through energy work, touch, and health and heart driven conversation.

Thoughts hold energy as well as produce chemical reactions that are stored inside the body if not expressed in a timely fashion. This is the beginning of all health and dis-ease, inflammation, and ill immune systems.

We are ambassadors of health and wellness. We all have drive and strengths in certain areas of wellness. Explore what you are an advocate of.

*Know Your
Wellness language*



A year from
now you may
wish you had
started today

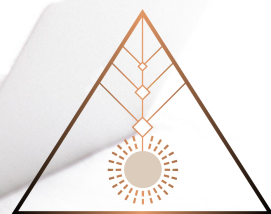
Karen Lamb

About Your Wellness language...

A note from me

Everybody's Medicine is different. Whether you lean more into healings expressions of the mind, body, or spirit is as unique as our personalities and astrology chart.

No two practitioners work in the same way or experience the same in practice. Give yourself the freedom to be you, and honor your experiences. Start with mindfulness and whatever sparks your interest. Learn control and boundaries as you explore the intuitive arts and your career can expand into depths previously unknown. Discover your hidden talents. Create salon experiences that are repeatable and relaxing on a new level. Yes to luxury salon experiences.



Ashley Rose

— WELLNESS —

Vibrational Healing

There are so many times and unique ways vibrational healing can be included with every service. We are at moment in human history where science is providing proof and catching up to concepts previously theorized and hypothesized within the energetic arts sphere. Studies are providing more validity and well-backed cases in plant medicine and intelligence, vibrational healing via sound/crystals, quantum physics, and the impact celestial bodies have on the human experience.

Click the Links below for more inspiration!

[Plants can talk](#) [How Crystals Grow](#) [What is soundbathing?](#)

- Essential Oils
- Sound Bathing
- Chanting
- Crystal Healing
- Tuning Forks
- Dowsing Rods
- Plant Medicine

[Healing Herbs](#)

[Healing Touch in Hospitals](#)





The one path that
never works is the
most common one:
doing nothing at all.

Seth Godin

Wellness Salon

Uplevels & Service Concepts

Mind

- Empowered Consults & Conversation
- Specialized Style Consults
- Focus under pressure
- Habits; saying yes to manifesting
- Time Mastery
- Soul Level Branding
- Mindfulness and Meditation Services
- Stress Free Confrontation

Body

- Natural ingredient based products
- Reflexology
- Scalp Wellness Treatments
- Specializing in Healthy Hair
- Low Maintenance Hair tricks
- Healthy Lifestyle Discussions
- Crystal Essential Oil Service Packages
- Retail Branded Beauty Ceremonies

Energy

- Intentional Relaxation
- Intent
- Chakra Balance Add on
- Reiki, Healing Touch Explained
- The 5 Claires: Clairvoyant, Clairaudient, etc.
- Build Energy Reserves
- What is Ho'Opnopo?
- Own the Room





A note from the author

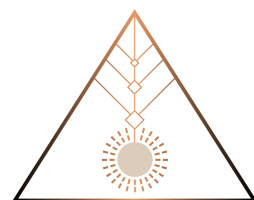
Abbey Rose has over 18 years experience in the Cosmetology Industry, and over 10 as both a Salon Owner and trained Psychic Empath. Her journey to health and abundance in an industry that once prided itself on long hours and selflessness has been earned through a journey of self discovery and advanced education in the energetic arts. Half way through her stylist career she hit burnout through life events causing adrenal fatigue, weight gain, depression, grief, and debt. Through loss she found joy in the most profound way; self love, boundaries, and permission to thrive.

We are all co-creators of our lives, artists, and intuitives.

The difference between someone who has success and someone who is experiencing lack, is the ability to be vulnerable, curious, and acceptance of the unknown. These are the qualities that creation and change are born from.

Advice for greater personal power, manifestation abilities, and happiness:

Stay focused solely on your desires. Allow the body to feel, heal, and express. Learn to stay and the world is yours.



Abbey Rose

— WELLNESS —

What's Next:



Friday November 27 at 6pm PST

2020 Clearing and Destiny Retrieval

Sign up on our website for free



Sunday Jan 3 at 2pm PST

Wellness Stylist University Module 1 Begins

-A 3 month membership, live Wellness classes bi-weekly

Sign ups start December 6 and will close December 31 2020

Visit Website to sign up

Join the Community

Calling all life long students on a quest for a better stylist life. Now is the time to lean in and manifest something better.

We would love to have your input!

Our facebook group is looking for stylists interested in healing modalities, a leveled up lifestyle, and support for a re-invention opportunity. Join in the conversation, your voice is needed and heard!

[CLICK HERE](#)



Wellness Stylist University

Pioneering luxury wellness services that engage clients mind, body, spirit.
You are value added.

Notes



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