



A USER'S GUIDE TO THE CLAS WELLNESS SYSTEM

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INTRODUCTION TO CLAS WELLNESS

HARMONIAL® (har-mo-NEE-al) - A company based in South Florida that produces and is the exclusive distributor for Harmonial's CLAS Wellness System.

CLAS Wellness System is a multi-sensory guided imagery stress-management system that synchronizes the elements of:



Chromotherapy/
color therapy
through the use of
visuals



Light



Aromatherapy
through the use of
essential oils



Sound therapy
through the use of
music and nature
sounds

This synchronized system provides the experience of deep and lasting relaxation through the stabilization and balancing of the central nervous system. Its unique approach is designed to gauge the individual's receptivity to various shades of color and light using bio-feedback. In addition, personal data is collected and analyzed through the system's diagnostic computer which uses a highly-sophisticated, proprietary software program to create a customized program for each individual.

This customized program is designed to produce the ultimate in deep relaxation and stress management for the client.

For each subsequent CLAS Wellness session, the software program re-calibrates the client's current mood and creates a new therapy session based on the client's current state of well-being.

For that reason, no two CLAS sessions are alike.



A QUICK GUIDE TO SETTING UP YOUR CLAS WELLNESS SYSTEM

THE EQUIPMENT

Your Harmonial CLAS Wellness System comes with just about all of the equipment you will need to get started—except for the TV viewing screen (see below).

Check to verify that you have received the following hardware:

- The Harmonial computer system with the CLAS Wellness software program already installed;
- An Aromatherapy diffuser, along with a set of essential oils
- A set of binaural-audio, headphones

GETTING STARTED

FYI: A Few Words about Binaural Audio

Binaural recordings are reproductions of sound the way human ears hear it. In fact, the word “binaural” literally just means “using both ears.” When you listen to a binaural recording through headphones, you perceive distinct and genuine 360° sound.

It’s the purest, most natural way to record and listen to music because binaural recordings are made using a special microphone that simulates a human head (a.k.a. “Fritz”). Two microphones are built into its ear canals, which allow it to detect the location of sounds around it the same way we do naturally.

When a binaural recording is played back through headphones, the listener hears exactly what Fritz heard during the performance. Every nuance of where a sound is coming from is preserved (whether it’s in front, beside, above, below or behind you). That’s because as the sound travels through room, the left and right channels mix and our brain can’t make sense of the directional cues. (Source: <http://www.kallbinauralaudio.com/what-is-binaural-audio/>)

- A trolley (cart) on which to put the computer and other equipment
- Cables to use for hooking up your system, including a 25ft HDMI cable.

Other equipment you will need:

- You will need to acquire a LARGE-SCREEN HD television for the client to use for the visual element of the session, along with a wall-mounting unit. It is recommended that the viewing area of the screen be a MINIMUM of 55 inches.
- in addition, it is extremely important to protect ALL of your system equipment with a surge protector—or protectors, as needed—in order to prevent the potential risk of major damage to your system from voltage spikes, electrical storms, etc.

SETTING UP THE Session ROOM

As far as the session room itself, you may use almost any session room you have available. However, we suggest focus be given to the comfort and enjoyment of your client.

To that end, it is important that you make sure your choice of rooms is one in which you can do the following:

- Minimize distractions in, and around, the room
- Place a large, HD flat panel on one wall—the bigger, the better

As noted above, the television viewing area should be a minimum of 55 inches. This recommendation is based on using an average-sized room of 9 ft x12 ft for doing the sessions. For different sized rooms, you can adjust the size of the viewing screen accordingly, but avoid using anything smaller than a 55-inch viewing area.

- For best results, it is preferable that the session room is capable of being darkened during the Harmonial session;
- It should have a very comfortable table or lounge chair for the client to use

Note: if you choose to use a session table, it must have the capability of raising its back to an angle of approximately 45 degrees so that the client is neither lying flat, nor sitting straight up. Also, if using a lounger, the preferred position is one in which the client can lean back rather than sit straight up.

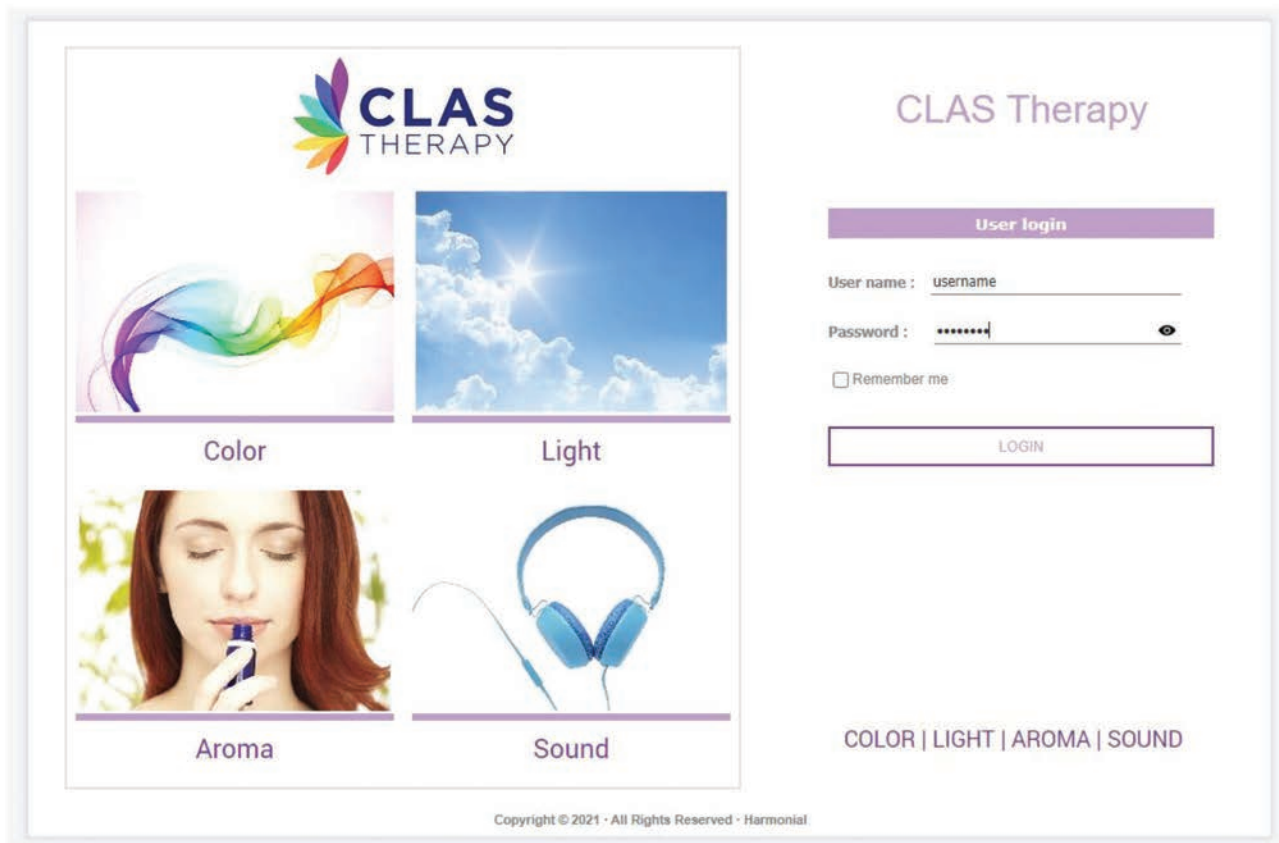
- Place the CLAS Wellness System behind your client.



CLAS WELLNESS GENERAL FUNCTIONS

1. Log-In Page

User needs user name and password to log in to the web.
The same page will be used for both therapist and client to log in.



2. Client's Page

Immediately after log-in, the therapist will see the client's page as pictured below:

The screenshot displays the CLAS Therapy web interface. At the top left is the CLAS THERAPY logo. The main header reads "CLAS Therapy web" with the tagline "COLOR | LIGHT | AROMA | SOUND". On the top right, there are links for "My account" and "Logout", and a welcome message "Welcome, Customer 1-user1". Below the header is a navigation bar with "Patients", "Sessions", and "Contact". A secondary navigation bar contains buttons for "New patient", "Modify record", "Delete patient", "View sessions", "START SESSION", and "Sale therapy". A search bar is present with the placeholder text "Search : email, first and last name search...". The main content area features a table with the following data:

	First name	Last name	Birthdate	Address	Email	Created on	Access web
<input checked="" type="radio"/>	Caballero	Victoria	21-09-1975		victoria_caba@hotmail.com		NO
<input type="radio"/>	Lautaro	Nicastro	04-09-1995		victoria_Caba@hotmail.com		NO
<input type="radio"/>	Russian	Testing	15-10-1990		russian@hotmail.com	26-01-2016	NO
<input type="radio"/>	Carolina	Monaco	15-05-1970		lkjdfkfdj@gmail.com	09-02-2016	NO
<input type="radio"/>	John	Doe	26-03-1975		kdshfsd@gmail.com		NO
<input type="radio"/>	Veronica	Merkel	05-05-1985		kjhkhjk@gmail.com		NO
<input type="radio"/>	Session1	Test	15-06-1970		uuuuu@hotmail.com	14-02-2016	NO
<input type="radio"/>	Session1	Test2	15-06-1974		tutut@hotmail.com	14-02-2016	NO
<input type="radio"/>	Test 3	Test 3	09-06-1983		test3@gmail.com	18-02-2016	NO
<input type="radio"/>	Testing 4	Testing 4	15-06-1994		testing4@hotmail.com	19-02-2016	NO
<input type="radio"/>	Testing 5	Testing 5	25-06-1994		testing5@gmail.com	19-02-2016	NO

At the bottom of the page, there is a footer: "Copyright © 2021 · All Rights Reserved · Harmonial".

3. Client Form

Using buttons “New client” to create a new client record and “Modify” to update client information, the user will have access to the pop-up window shown below.

The screenshot shows a web application interface for managing patient records. At the top, there are tabs for 'Patients', 'Sessions', and 'Contact'. Below the tabs is a row of buttons: 'New patient', 'Modify record', 'Delete patient', 'View sessions', and 'START SESSION'. The 'New patient' and 'Modify record' buttons are highlighted with a red box. A red arrow points from the 'Modify record' button to the 'Patient record' form. The form is titled 'Patient record' and has two tabs: 'General data' and 'Patient therapies'. The 'General data' tab is active. The form contains the following fields and sections:

- General data:** Last name: Victoria, First name: Caballero, Birth date: 21-09-1975.
- Location info:** Address street: Estudi General de Girona 50, City: Girona, Zip code: 17003, Province: Girona, Country: Spain.
- Communication info:** Mobile phone: 671358975, Email: victoria_caba@hotmail.com.
- Home therapy:** Allow access from web, . Below this are fields for User name: vic_caba and Password: oDpR.

At the bottom of the form are 'Save' and 'Cancel' buttons. Red arrows also point from the 'Create credentials' button to the 'User name' and 'Password' fields.

The check box entitled “Allow access from web” indicates that the client will be able to log in from the web to access the therapies. The user name and password will be required.

The button entitled “Create credentials” will automatically assign a user name and password for the client. The user can change both later if they wish.

4. Client Record

Here the user can select the therapies available for the client to run from home..

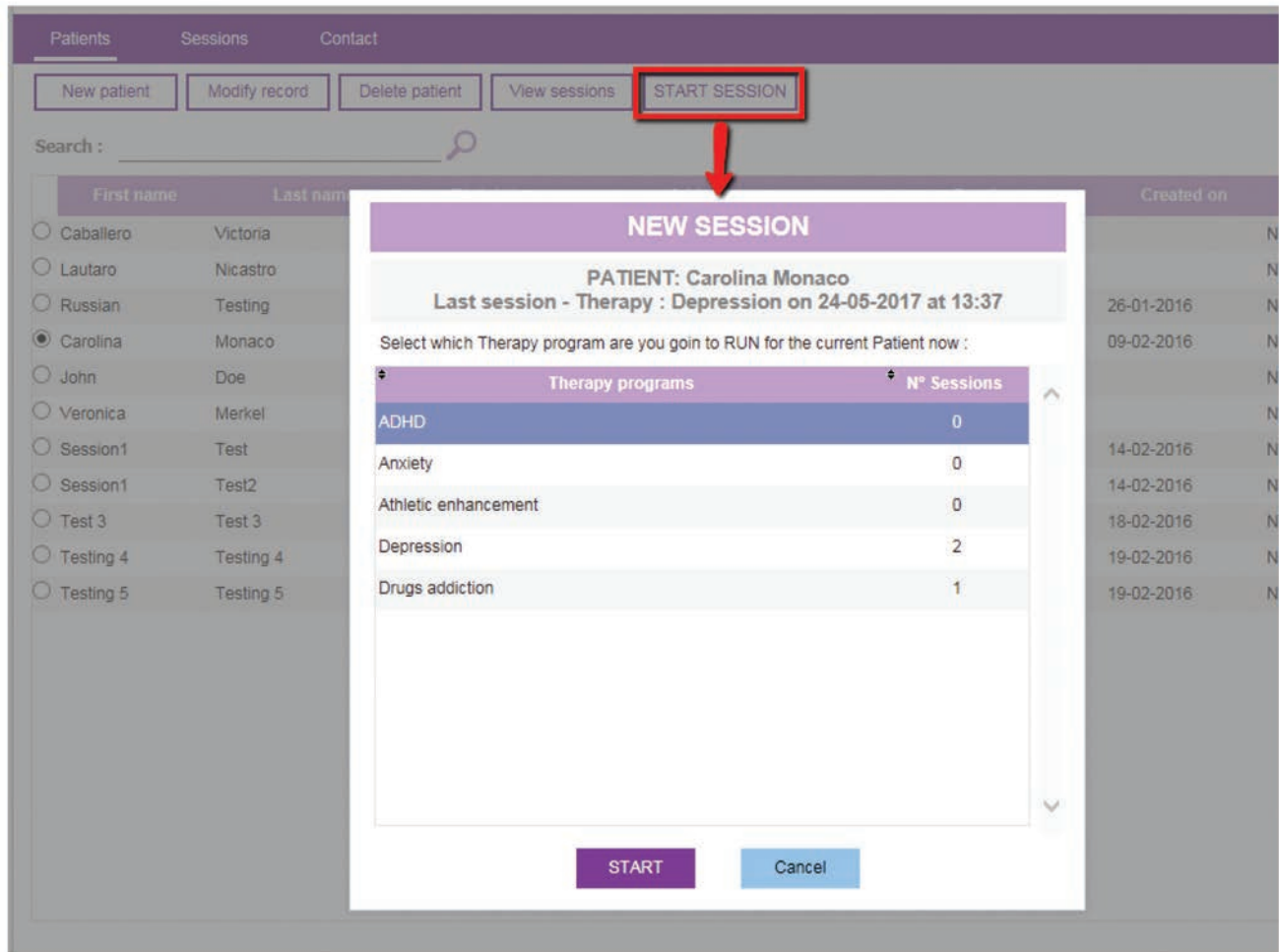
The screenshot shows a web application window titled "Patient record". It has two tabs: "General data" and "Patient therapies", with the latter being active. Below the tabs, there is a text prompt: "Select which 'Therapy programs' will be available for the current Patient from the web :". This is followed by a scrollable list titled "Therapy programs" with a search icon. The list contains five items, each with a checkbox:

- ADHD
- Anxiety
- Athletic enhancement
- Depression
- Drugs addiction

At the bottom right of the window, there are two buttons: "Save" and "Cancel".

5. Start a new session

The therapist can start a new session from this button, as shown below.

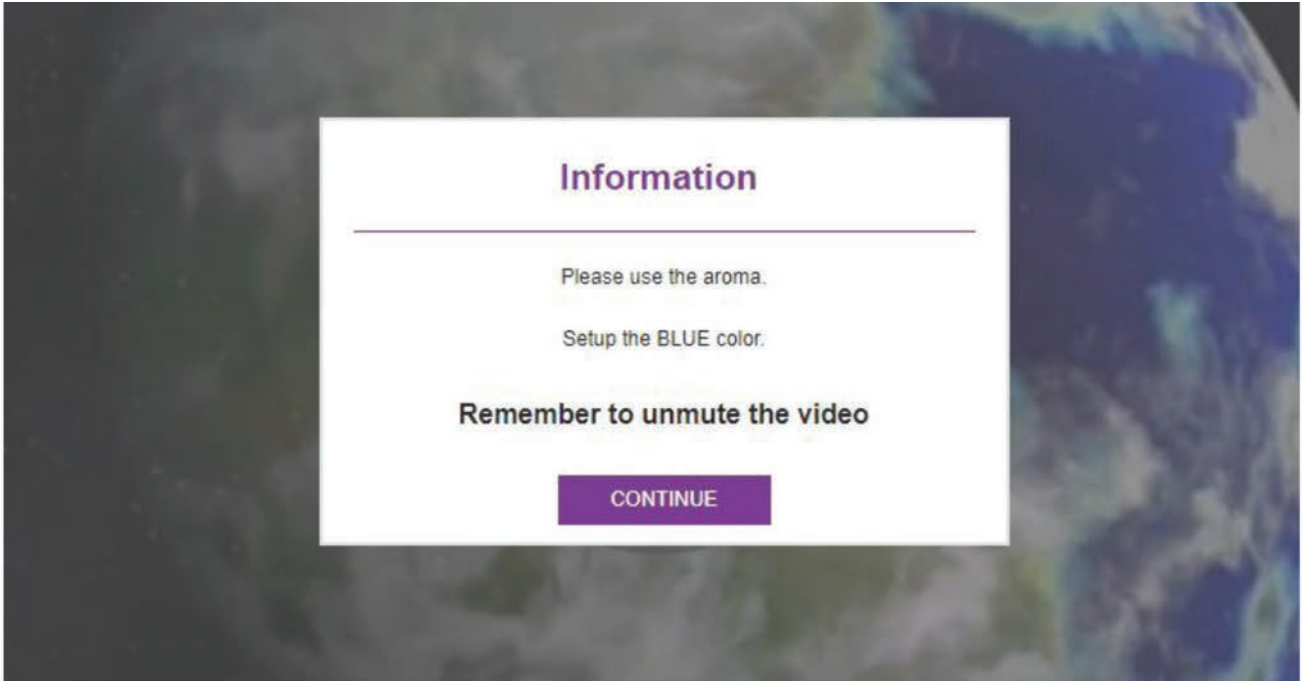


In this popup window, we can see the name of the selected client and the last session run. Below that is a list of all the therapies available and the number of total sessions run for each respective therapy.

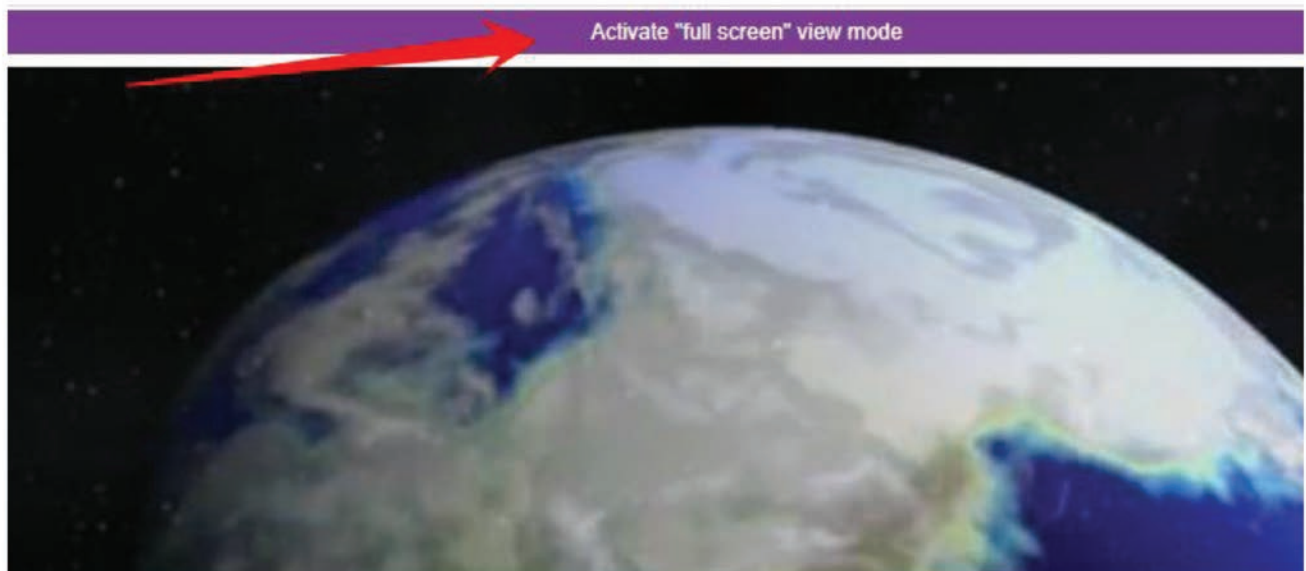
Pressing the “START” button will begin the session video for the therapy selected. Immediately, the user will see a popup window that suggests the correct aromatherapy to use, and the light color to set for the current session.

6. Activation Screen

Once the aroma and color information is displayed, a “Continue” button is pressed.

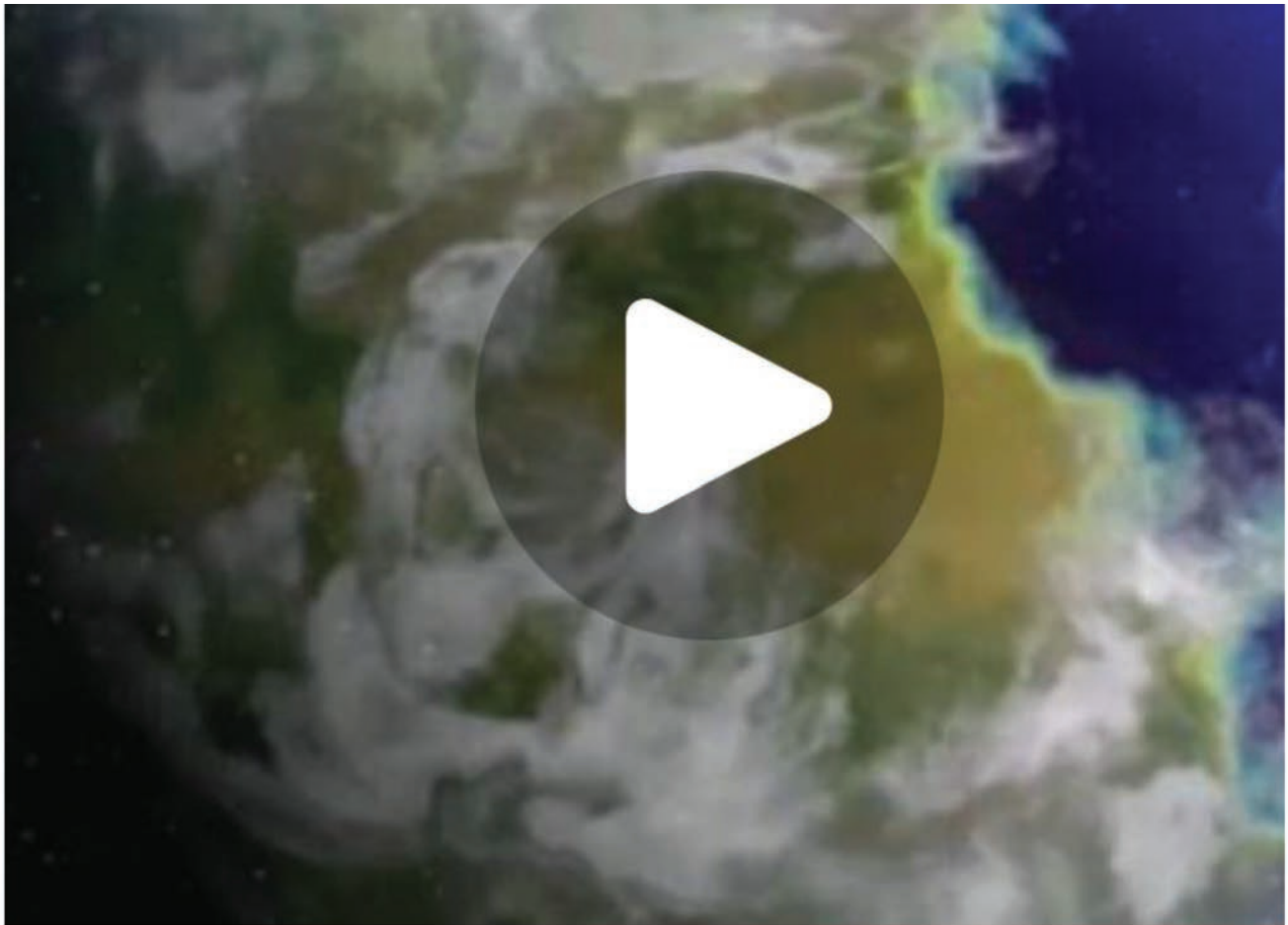


When the “Continue” button is pressed, the popup window will disappear, and the user will press the “Activate full screen view mode” button to enlarge the video to full screen.

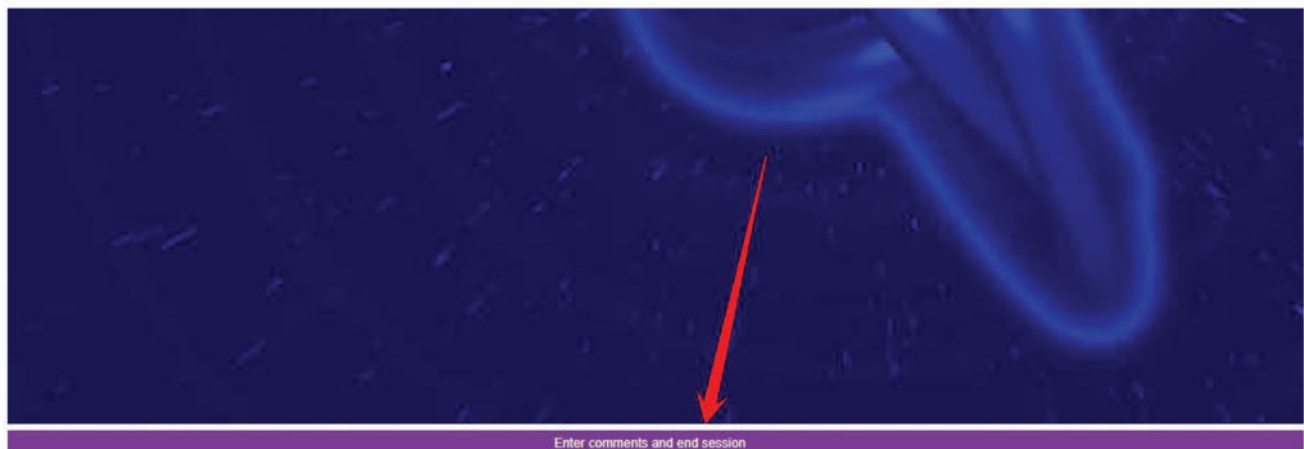


7. Play session

The last step is to press “PLAY” located in the middle of the screen.

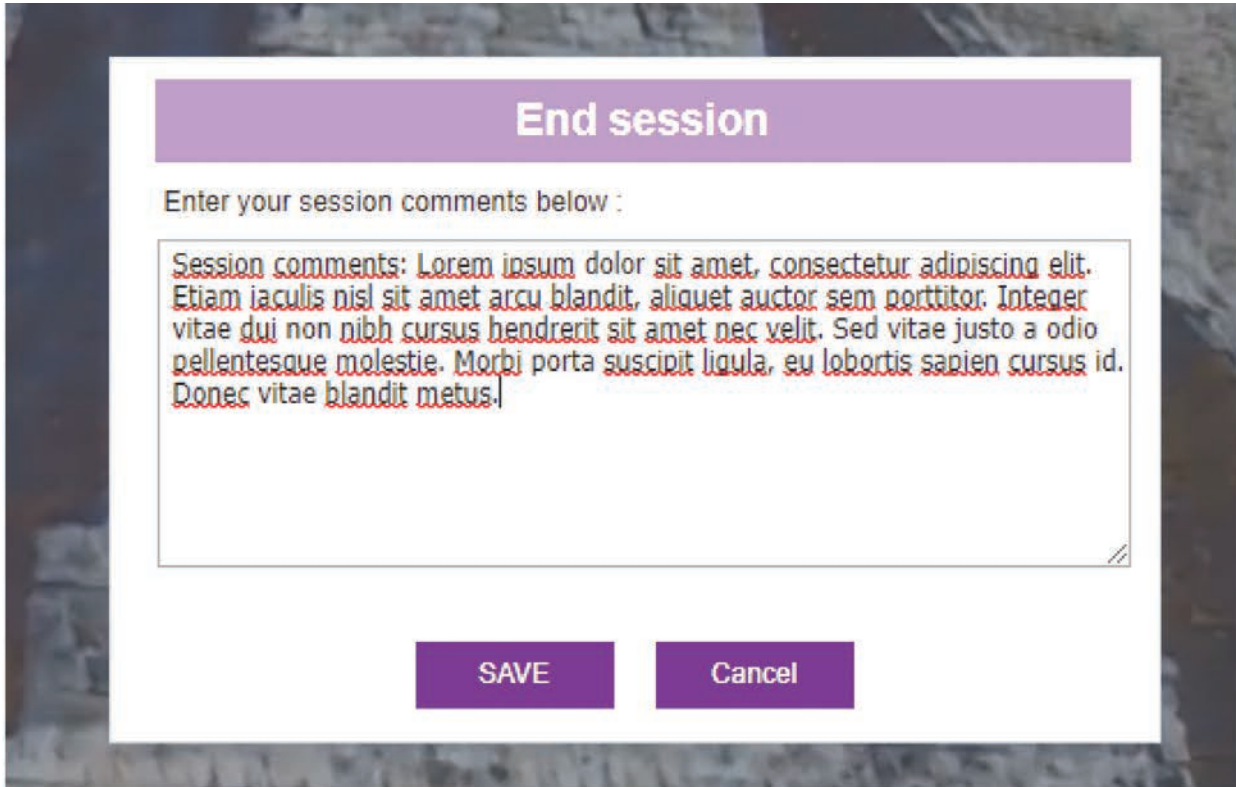


When the video session is finished, the user will click on the white area below the video and a purple button will appear, entitled “Enter comments and end session” as seen below.



8. End session

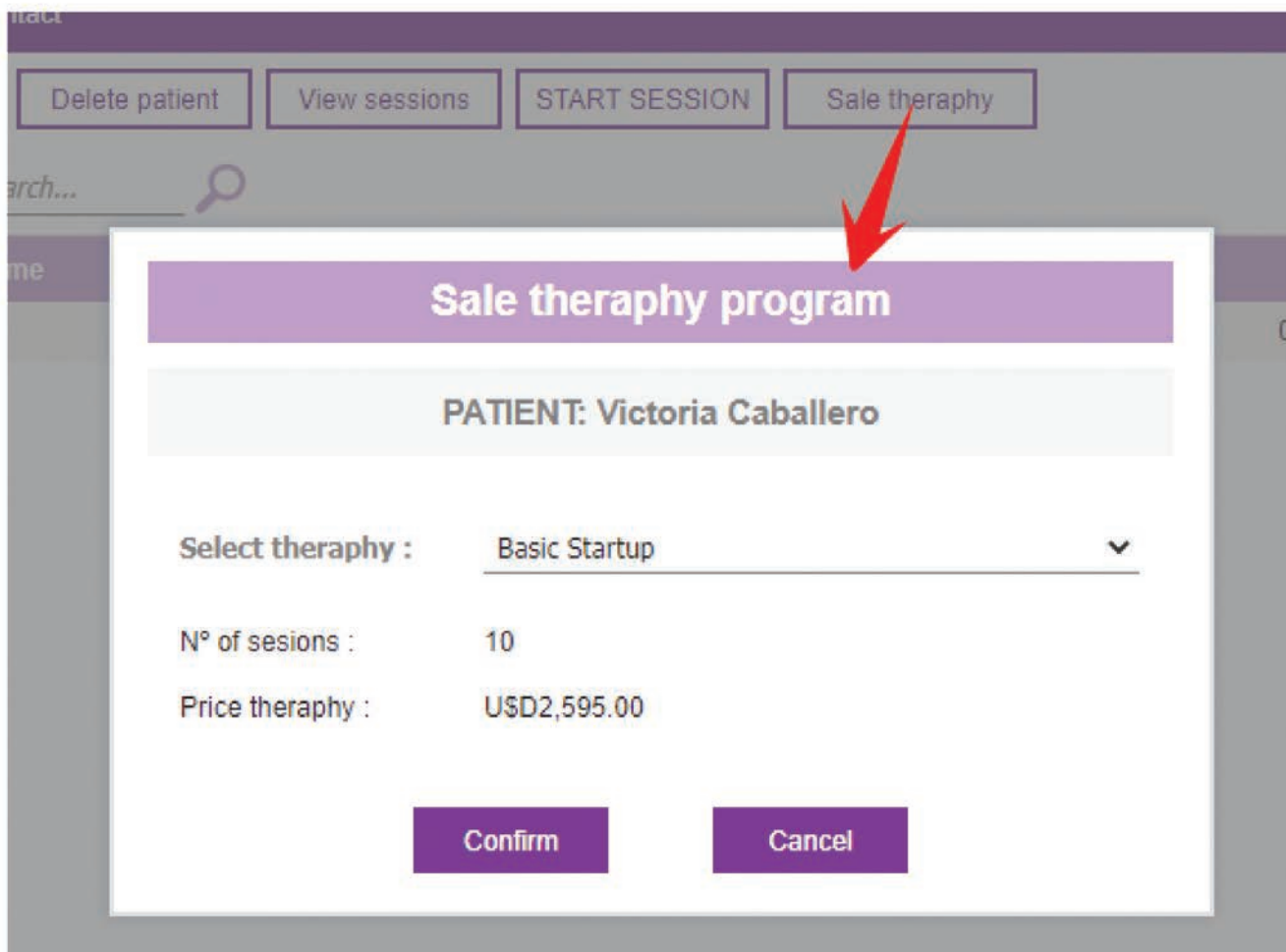
After clicking on that button, a new popup window will come up to end the session.



Here, the therapist can enter some comments about the results or conclusion of the session for the client. This will register in the system the date and time when the session has finished as well as the comments noted. Remember to press the “SAVE” button to save the therapy session properly. After saving the session registration, the program will come back to the client’s page.

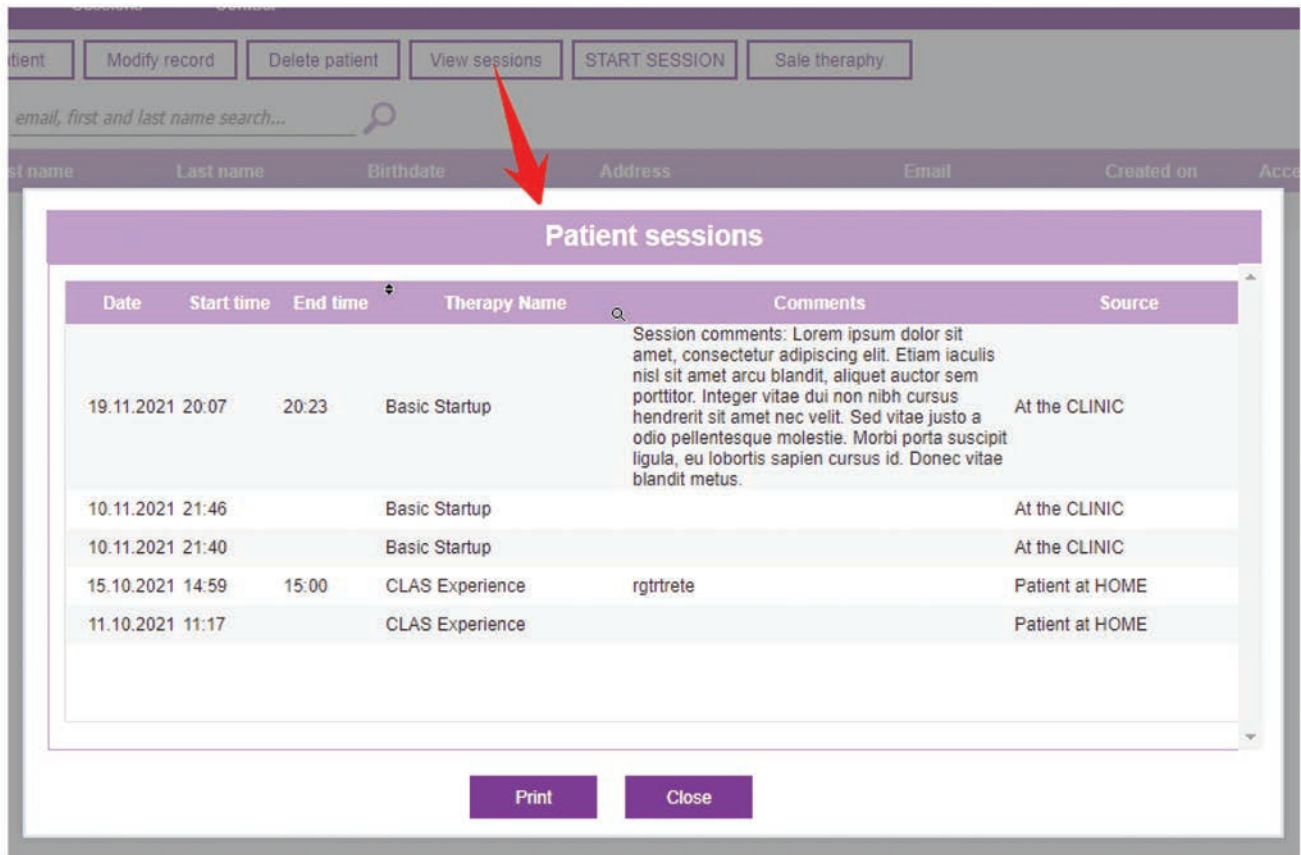
9. Sale Therapy

After clicking on that button, a new popup window will come up to end the session. In this popup, the therapist can register the sale of a therapy to the client.



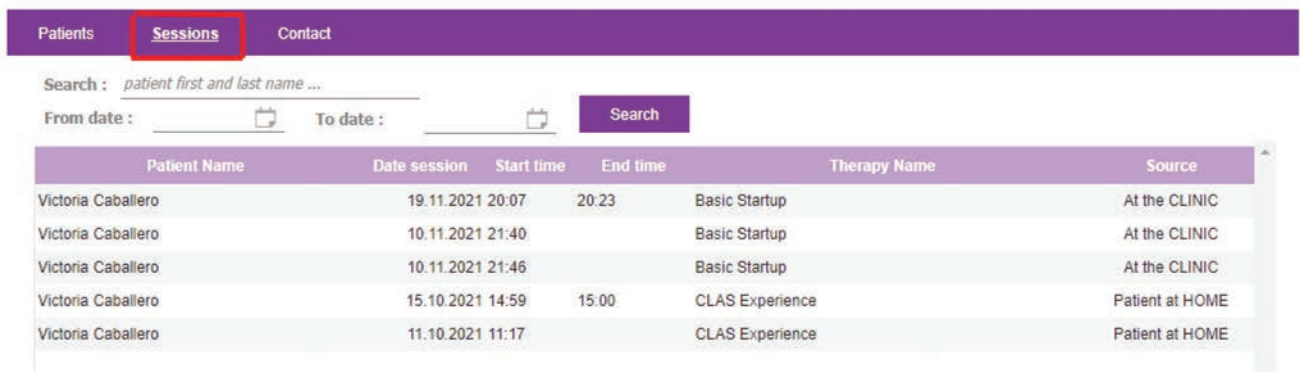
10. View Sessions

By pressing the “View Sessions” button, the therapist can view all the sessions for the respective client. The comments and other information about each session will appear here as well.



Sessions

From the **main menu**, this option will allow the therapist to look up sessions for all clients, or any particular client for a given period.



11. My Account

Pressing the “My Account” link will open the login box for users to access the program.

The screenshot displays the CLAS Therapy web interface. At the top, the header reads "CLAS Therapy web" with the tagline "COLOR | LIGHT | AROMA | SOUND". In the top right corner, there are links for "My account" and "Logout", and a welcome message "Welcome, Customer 1-user1". Below the header is a search bar with a "Search" button. A table lists therapy sessions with columns for "Date session", "Start time", "End time", "Therapy Name", and "Source".

Date session	Start time	End time	Therapy Name	Source
19.11.2021	20:07	20:23	Basic Startup	At the CLINIC
10.11.2021	21:40		Basic Startup	At the CLINIC
10.11.2021	21:46		Basic Startup	At the CLINIC
15.10.2021	14:59	15:00	CLAS Experience	Patient at HOME
				Patient at HOME

Overlaid on the bottom half of the screen is a "My account" modal form. It contains the following fields:

- * Full Name : Customer 1-user1
- * User name : CUS1
- * Password : 1234

At the bottom of the modal are two buttons: "Save" and "Cancel". A red arrow points from the "My account" link in the top right of the main interface to the "My account" modal form.

A FEW WORDS ABOUT THE CLAS WELLNESS SYSTEM'S CREATOR

The CLAS Wellness System was created and tested in France by psychologist Elizabeth Rosse (pronounced “RoSSee”) and perfected in the U.S. by Harmonial Corporation. It is supported by the most advanced research technology and science.

Rosse has a vast education in chromotherapy/color therapy, music therapy, and aromatherapy. She works in France as a psychologist and victimologist. She works with her clients using color energy, essence of flowers, loving guidance, sound therapy and psychology. Her work piqued the interest of Harmonial’s President (Oyvind Berg) which then took him to Bordeaux, France to ask her to help him develop CLAS Wellness for the U.S. market.

We are constantly developing new programs for various disorders. Computer engineers, photographers, graphic artists, animators, and musicians from France, Spain and the U.S. have worked countless hours to make this program effective and for that reason, we view CLAS Wellness as a constant work in progress.

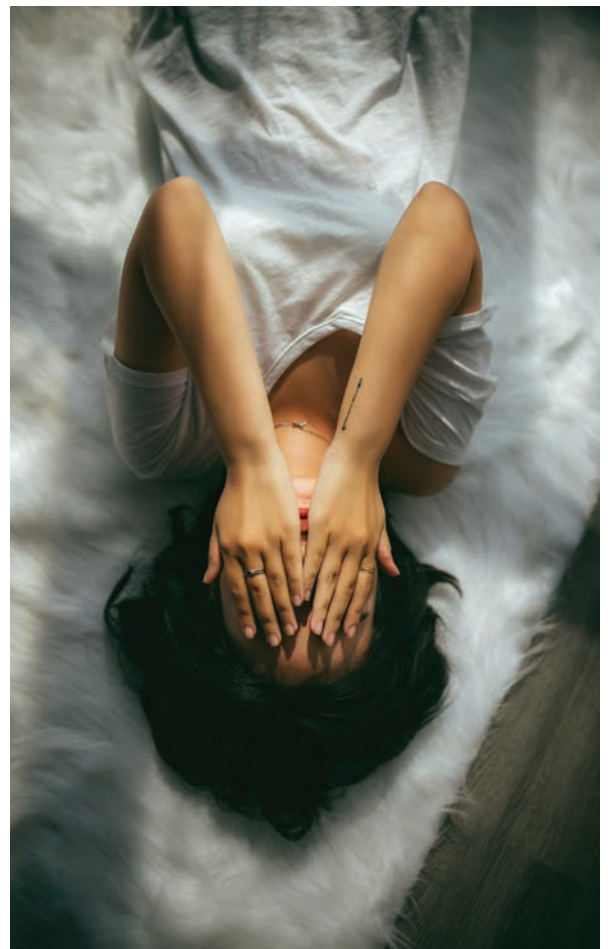
IT’S ALL About “STRESS.”

In today’s society, a person doesn’t have to go very far to experience the “Disease of the Century”—STRESS. Doctors of today, in all sorts of practices, are bombarded with people asking for medication to alleviate their stress, sleep disorders, anxiety, schizophrenia, alcoholism, etc. The traditional approach taken by many doctors is to respond with medication on top of medication. For some people, that is enough. However, for others medication is not an option. These people are searching for more natural sessions and it is with that viewpoint in mind that CLAS Wellness was developed.

WHAT IS “STRESS”?

As noted earlier, CLAS Wellness is designed to be used primarily for stress management, or more specifically: as a way to aid in the session of depression, anxiety and stress without drugs. So before proceeding further, let’s clarify what we mean when we use the term “stress.” in psychological terms, stress refers to:

- A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances (Source: The oxford Dictionary [American]. online at http://www.oxforddictionaries.com/us/definition/american_english/stress).



- The pattern of specific and nonspecific responses an organism makes to stimulus events that disturb its equilibrium and tax or exceed its ability to cope (Source: The American Psychological Association’s (APA) Glossary of Psychological Terms. online at <http://www.apa.org/research/action/glossary.aspx>).

- A psychological and physical response of the body that occurs whenever an individual has to adapt to changing conditions. The conditions may be real or perceived. Stress has a powerful effect on mental functioning

- A reaction to a stimulus that disturbs our physical or mental equilibrium. In other words, it’s an omnipresent part of life. A little bit of stress, known as “acute stress,” can be exciting—it keeps us active and alert. But long-term, or “chronic stress,” can have detrimental effects on health (Source: Psychology Today. online at <http://www.psychologytoday.com/basics/stress>).

NOTE: The one thing all these definitions have in common is that they describe stress in terms of its being a REACTION or RESPONSE to some type of stress-producing stimulus—rather than its being the stimulus itself.

WHAT STRESS DOES TO US

In contrast to what stress is, the internal or external event or stimulus that induces it is called a “stressor” and the effects of these stressors are many. Symptoms may include a sense of being overwhelmed, feelings of anxiety, overall irritability, insecurity, nervousness, social withdrawal, loss of appetite, depression, panic attacks, exhaustion, high or low blood pressure, skin eruptions or rashes, insomnia, lack of sexual desire (sexual dysfunction), migraine, gastrointestinal difficulties (constipation or diarrhea), and for women, menstrual symptoms. It may also cause more serious conditions, such as heart problems. It has also been shown that stress contributes to the initiation and development of specific tumors within the body.

Excessive amounts of stress, however, may lead to many problems in the body that could be harmful. Three diseases that are influenced by stress are clinical depression, cardiovascular disease, and human immunodeficiency virus (HIV).



Small amounts of stress may be desired, beneficial, and even healthy. Positive stress helps improve athletic performance. It also plays a factor in motivation, adaptation, and reaction to the environment.

Stress can be external and related to the environment, but may also be created by internal perceptions that cause an individual to have anxiety or other negative emotions surrounding a situation, such as pressure, discomfort, etc., which they then deem stressful—for example in PTSD (Post Traumatic Stress Disorder).

SECTION 2 | GENERAL INFORMATION

External factors that by themselves are not threatening or stressful are deemed such for someone experiencing PTSD. Triggers can be stressful, such as when a person reports stress when hearing a song on the radio or seeing a type of object that may remind the person of prior threatening events. Humans experience stress, or perceive things as threatening, when they do not believe that their resources for coping with obstacles (stimuli, people, situations, etc.) are enough for what the circumstances demand. When we think the demands being placed on us exceed our ability to cope, we then perceive stress.

All too often, however, when people refer to “stress,” the tendency is to co-mingle the concepts of stress and stressors and this has the potential to create some confusion between what the speaker meant and how the receiver interpreted what he/she thought the speaker meant. So in order to reduce the possibility of creating any misunderstanding, whenever we refer to the term “stress” in this training guide, we are talking about how a person Responds or REACTS to a stress-inducing stimulus— rather than to the stimulus itself (that is, to the stressor).



SECTION 3 | CLAS WELLNESS ELEMENTS

As we have already noted, CLAS Wellness is a synchronized multisensory stress-management system that employs the elements of:



Chromotherapy/
color therapy
through the use of
visuals



Light



Aromatherapy
through the use of
essential oils



Sound therapy
through the use of
music and nature
sounds

In this section, we will briefly examine what each of these elements is, along with some additional elements, and how all the elements contribute to the overall effect the CLAS Wellness System has on an individual.

THE “FORCE” THAT DRIVES IT ALL: SENSORY DYNAMICS

Keep in mind that CLAS Wellness is a form of alternative medicine and as such, it employs some aspects of Eastern Medicine practices that have been around for many centuries.

For that reason, it is important to think of CLAS Wellness’s affects in terms of helping with the mind body connection from an “East Meets West” perspective.

According to the CLAS Wellness System’s creator, Elizabeth Rosse, the CLAS Wellness System is simply “a tool of metamorphosis that allows an individual to gather all of his or her energetic resources, thus enabling that person to hear and see his or her sensory dynamics.”

The concept of sensory dynamics finds its roots in traditional Chinese and Ayurvedic (that is, Indian/Hindu) medicine. It involves the combination of colors, moving symbolic images, aroma, and special background music—all of which are tailored to each individual.

THE COLOR THERAPY ELEMENT

Color therapy lies at the very heart of the CLAS Wellness System and it involves the interaction between colors and sounds.

The earth depends on light for its existence. Our bodies are composed of energy. Colors work in every nerve cell, every gland, tissue, muscle and brain. Color energy goes deep into the bones, creating Vitamin D. Each color has a different wavelength and frequency. It radiates to us in waves traveling through the air from the sunlight (white) bent in a spectrum of red, yellow, green, blue, orange, purple and indigo. Color activated energy power exerts a tremendous negative or positive influence on our consciousness body, mind, and spirit.

Let's look briefly about a few of the scientists who have discovered the benefit of color energy. These people not only had the opportunity to invent equipment used during color therapy, but they also worked with colored glass and colored material to treat a client's disorder or sickness.

For example, in the latter part of the 19th century, General Pleasonton and Dr. Edwin Babbitt became interested in light and in color phenomena and did some experiments. Dr. Babbitt wrote a book called "The Principles of Light in Color." The system he developed was based on the colors of yellow, red, and blue, the primary pigment colors, he got some very good results according to his book. In the early 1900's, Albert Einstein demonstrated that colored light would knock electrons out of metal plates. This demonstration showed that light has an effect on matter. Dr. Dinshah Gandhiali also did various studies and demonstrations of healing with colors. Although he challenged Babbitt's discoveries, he did accept some of Babbitt's theories, thus innovating his own ways of healing with colors. He is the author of the book, "Spectro-Chrome Metry Encyclopedia".

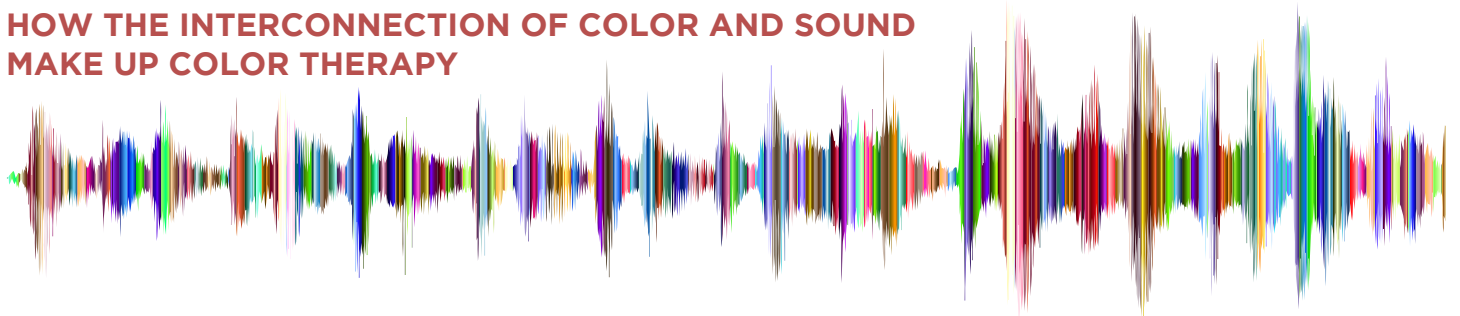
HOW COLORS CAN PENETRATE THE BODY

The principles of light in color, according to Edwin Babbitt, suggest that our very existence on this earth depends on the chemical effects of the color energy, heat, electricity and magnetic field. As we look into/at colors, the light energy passes through the retina of our eyes (the "sentinel" to the outside world) and absorbs a series of multiple wavelengths from the light that is reflecting colors on the object we are looking at.

Our consciousness then receives the sensation of that particular color. Not only is our consciousness affected, but our body can also absorb the vibration of colors. It should be noted that the effects of color are not limited to sighted people because blind people also sense the vibration of colors on their body or in their surroundings.



HOW THE INTERCONNECTION OF COLOR AND SOUND MAKE UP COLOR THERAPY



The answer to this can be found in the field of Quantum Physics and in the concept of “resonance.” Quantum physics deals with sub-atomic particles known as “photons.” A photon is an elementary particle, the quantum of light and all other forms of electromagnetic radiation, and the force carrier for the electromagnetic force, even when static via virtual photons. The effects of this force are easily observable at both the microscopic and macroscopic level, because the photon has zero rest mass – this allows long distance interactions. Like all elementary particles, photons are currently best explained by quantum mechanics and exhibit wave-particle duality, exhibiting properties of both waves and particles. For example, a single photon may be refracted by a lens or exhibit wave interference with itself, but also act as a particle, giving a definite result when its position is measured.

In other words, when a color vibrates, it generates both a wave and particles (photons) and it is these that penetrate the body through the eyes and the skin and then stimulate the appropriate gland and/or chakra.

“Resonance” refers to the condition/state of something being “in sync” with something else. In order for this in-sync condition to occur, both bodies have to be vibrating at the same frequency. And the frequency at which one body is able to stimulate the other to act in sync with it is known as the “resonant frequency.”

For example, one source describes a resonant frequency as “a natural frequency of vibration determined by the physical parameters of the vibrating object.” This same basic idea of physically determined natural frequencies applies throughout physics in mechanics, electricity and magnetism, and even throughout the realm of modern physics. Some of the implications of resonant frequencies are as follows:

1. It is easy to get an object to vibrate at its resonant frequencies, but hard to get it to vibrate at other frequencies.
2. A vibrating object will pick out its resonant frequencies from a complex excitation and vibrate at those frequencies, essentially filtering out other frequencies present in the excitation.
3. Most vibrating objects have multiple resonant frequencies.

SECTION 3 | CLAS WELLNESS ELEMENTS

In the Color Therapy element of the CLAS Wellness System, each color projected to the client or client will induce a physical reaction or a sensation. This action works both sides of the brain. The right side of the brain is connected to our intuitive self and creative side. CLAS Wellness works directly on the hypothalamus, via the hypothalamic canal. The color projections regulate a natural nervous disposition.

Color stabilizes the polarities—negative and positive—of the entire physical, emotional, and mental system (the bioelectric poles).

The individual vibrational frequency in the individual’s body that is “out of sync” with its normal operating frequency must be put back in balance for health to occur. Each color has its own innate vibrational frequency, but when that color couples with its matching sound, the effects become highly enhanced (see chart at right).

We can compare a well-balanced human being to a finely-tuned instrument and that condition occurs when the spectrum of colors is going throughout the body from red to violet (the rainbow) bathing, tuning, tightening and synchronizing the electrical “cords” of our body with the core of our soul.

During a CLAS Wellness session, the personally-selected colors of the client penetrate the eyes and have a regulating rule in the biological clock of the body by way of the hypothalamus. The hypothalamus controls the nerves and endocrine systems, which together, regulate all biological functions of the body. The hypothalamus then sends information linked to the colors through the pineal gland which, in turn, informs the other organs.

To recap: When healing information (in the form of a resonating frequency from the appropriate sound-enhanced color wave-particle) is transmitted:

- from the color wave-particle to the hypothalamus; and then,
- from the hypothalamus to the pineal gland; and finally,
- from the pineal gland to the affected organ and/or the affected chakra, it causes the affected area to begin resonating at its normal frequency again—thus effectively putting the affected area back “in balance.”

Note	Note Frequency in Hertz	Equivalent Wavelength of Note in Nanometers	Appropriate Color
A	440.00	619.69	Orange-Yellow
A#	457.75	595.66	Yellow-Orange
Bb	472.27	577.34	Yellow
B	491.32	554.95	Yellow-Green
Cb	506.91	537.89	Green-Yellow
B#	511.13	533.44	Green
C	527.35	517.03	Green
C#	548.62	496.99	Green-Blue
Db	566.03	481.70	Blue-Green
D	588.86	463.03	Blue
D#	612.61	445.08	Blue-Violet
Eb	632.05	431.39	Violet-Blue
E	657.54	414.67	Violet
Fb	678.41	401.91	UltraViolet
E#	684.06	398.59	Invisible Violet
F	705.77	772.66	Invisible Red
F#	734.23	742.71	InfaRed
Gb	757.53	719.86	Red
G	788.08	691.96	Red-Orange
G#	819.87	665.13	Orange-Red
Ab	845.89	644.67	Orange

THE SOUND THERAPY ELEMENT

The principle of sound therapy (also referred to as music therapy) is based on applying the right frequency of musical sounds to the affected areas of the body in order to balance the body. Music therapy is used for sleep disorders, for relaxation, in geriatrics, in obstetrics, for stress and for much more. As we shall see later on, sound therapy goes hand-in-hand with color therapy.

Sound therapy uses vibrational energy as its treatment base and as we know, music has the ability to produce very strong emotions within us—emotions such as fear, distress, sadness, joy, excitement and peace.

Our internal organs and other parts of our body vibrate at certain “frequencies” and when these vibrations blend together in harmony, they produce a “symphony” that is unique to each individual. There are basic standard frequencies within the body for optimal health, but when any of these frequencies becomes “out of tune” (from stress, illness, disease, etc.)—much as the strings of a violin or piano can sometimes do—sound therapy is becoming an increasingly popular way of helping to re-tune the mind-body connection. In effect, sound therapy is used to help re-train the energy system of the body to “sing the right body notes.”



THE CHAKRA ELEMENT

One of the underlying foundations of Eastern medicine (such as that practiced in India) that makes up part of the base of the CLAS Wellness System is the concept of the “chakra” (pronounced “SHOCK-rah”) system. Its applications to Eastern medicine have been in effect for many centuries.

The name “chakra” derives from the Sanskrit word for “wheel” or “turning;” but in yogic (Hindu) context, a better translation of the word is “vortex” or “whirlpool.” In Hindu metaphysical traditions, tantric/yogic traditions, and other Eastern belief systems, chakras are points—or knots—in the subtle human body. They are located at the physical counterparts of the major plexuses of arteries, veins and nerves.

Chakras are part of the subtle body, not the physical body, and as such are the meeting points of the subtle (non-physical) energy channels, called nadis (pronounced “NAH-dees”). Nadis are channels in the subtle body through which the life force (prana), or vital energy, moves. In Chinese medicine, this life force is called “Qi” (pronounced “chee”).

SECTION 3 | CLAS WELLNESS ELEMENTS

Various scriptural texts and teachings present a different number of chakras. There are many chakras in the subtle human body according to the tantric texts, but there are seven which are considered to be the most important ones. The optimal frequencies or musical notes associated with each chakra, the color associated with each chakra and the body's organs that define a particular chakra are listed in the table below.

Chakra Name	Associated Color	Associated Musical Note	Chakra's Location on the Body
Root	Red	C	Pelvic plexus (between anus and genitals)
Sacral	Orange	D	Reproductive bodies and gonads (ovaries or testicles, urogenital system and kidneys)
Solar Plexus	Yellow	E	Stomach, pancreas, liver and gall bladder
Heart	Green	F	Heart, lungs, blood circulation, thymus, arms (to give and receive), breathing
Throat	Blue	G	Thyroid gland, throat, upper pulmonary lobes, digestive system, arms (to create)
Brow	Indigo	A	Bridge of nose, between the two eyebrows, also known as 3rd eye chakra
Crown	Violet	B	Upper cerebral zone (top of the head)

Source: unknown

THE AROMATHERAPY ELEMENT

CLAS Wellness employs the use of aromatherapy by engaging the olfactory sense (see chart below). To do this, the computer program controls the dispensing of aromatherapy whiffs through the use of an ultrasonic diffuser.

French chemist, René-Maurice Gattefossé (1881-1950), is regarded as the Father of Aromatherapy and inventor of the word itself. It was his research about the psychological and physical effects of fragrance—research that involved the administration of essential oils percutaneously (that is, through the skin)—that has helped to form the framework of aromatherapy as we know it today.



It is scientifically known that what we smell has a tremendous influence on us. Aromatherapy comes from the extraction of oils from herbs and plants (essential oils) and these essential oils have the energetics or power to heal humans or animals. Aromatherapy can change an ambience to a more pleasant, more relaxed and happier one and these changes can be physical or mental. In doing so, it helps to: (a) promote the sense of relaxation, (b) attenuate pain, (c) stimulate new memories, or (d) sedate.

AROMATHERAPY

by Carolyn Zinober, Aromatherapist, LMT, Trichologist, Herbalist

Hippocrates taught that it is not enough to anticipate an illness to cure it; one must teach good health to preserve it. Aromatics have always played a leading part in the maintenance of health and wellbeing. The use of aromatics goes back to ancient times, as implied by the nearly 200 references in the Bible relating the use of aromas for “mental, spiritual, and physical healing”. The spiritual aspect of “aromatherapy” is found dating back at least 4000 years to both the ancient Egyptians and Chinese, in religious practices, as medicines, perfumes, and embalming agents.

Plant essences offers more than just aroma; the use of pure aromatic extracts from flowers, fruit, leaves, needles, bark, rind, seeds, and roots of plants can be used to calm, balance, and rejuvenate the body, mind and spirit. Essential oils, called the “soul,” or life force, of the plant, are natural substances. Essential oils are extracted via distillation from certain cells within each botanical. For centuries, essential oils have been considered the most therapeutic and rejuvenating of all botanical extracts.



Specific essential oils disinfect airborne bacteria and viruses that have a negative effect on the respiratory system. Essential oils can stimulate the brain to release neurochemicals (endorphins and serotonin) which can reduce pain, increase feelings of well-being, induce sexual feelings, relieve depression, and insomnia.

The sense of smell is our most primitive sense. Smell is the only sense in which the receptor nerve endings are in direct contact with the outside world, whereas the brain extends directly into the nose. When inhaled as an aromatic vapor the essential oils travels through the nose by dendrites via mitral cells, where its chemical structure is processed as a nerve message by the olfactory nerves and amplified by the olfactory bulb. It then reaches the brains prefrontal limbic system and from there the nerve impulse will reach the hypothalamus and the endocrine system, from where it exerts various neuro-hormonal actions. The major influence will be psychological and secondarily physiological and spiritual wellbeing. Mood, stress, most mental functions and ultimately behavior can be profoundly influenced. Aromatics make us happier and more relaxed.

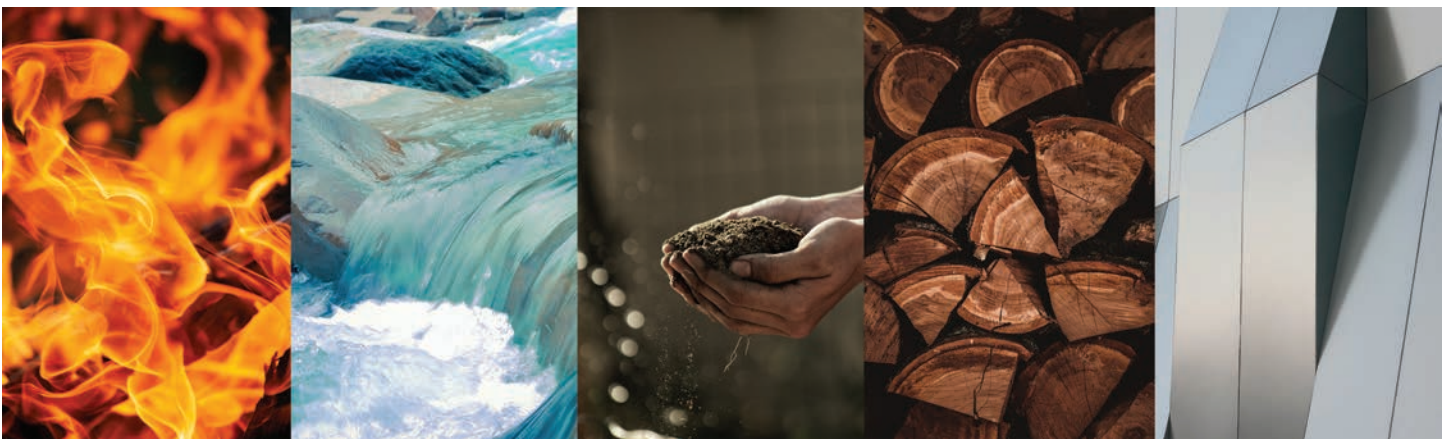
Aromatic molecules of essential oils enter no further than the inside of the nose but trigger a nerve impulse that is carried to the limbic system. This means that we subconsciously receive the aromatic message and react to it before the higher centers analyze and interpret it. When inhaled as a vapor, an essential oil can easily penetrate the nasal and respiratory epithelium. Here it changes back to a liquid, enters the bloodstream, and then quickly reaches the lungs and brain, where physiological neuroendocrine effects will manifest. This method of inhalation can be used for treating physiological conditions, especially those associated with any of the organs above the diaphragm as inhalation always involves a dual effect.

The CLAS Wellness System employs the use of single note essential oils to engage the olfactory senses. This is just one element of the four senses that will be affected in the therapy session of Color, Light, Aroma, and Sound. Also, known as CLAS Wellness. In every session session, each element of the four senses is as important as the next.

Based on guided imagery, CLAS Wellness diagnostics will analyze the input of the client's confidential data and create a customized program designed specifically for each client to produce the ultimate in stress relief management.

THE FIVE ELEMENTS OF NATURE

The selection of single note oils is based upon the 5 elements of nature: Fire, Water, Earth, Wood, and Metal. These elements will correspond to 4 or 5 choices of single note essential oils. The client and therapist may determine which one may be best that day. Essential oils work primarily by triggering healing responses in the mind-body and can display remarkable effects when applied along with the other 3 senses of CLAS Wellness.



The choice of essential oils based on the 5 elements will be displayed on the screen after completing the questionnaire. The technician will then proceed to set up the oil for a time released misting of the essential oil vapor into the air. The computerized mister will be set on a timer so the oil will be dispensed on alternating intervals of 1 minute on and 3 minutes off until your 20-minute therapy is concluded. The diffusion will be low level and therefore inoffensive to anyone.

SECTION 3 | CLAS WELLNESS ELEMENTS

When inhaled, which is the safest pathway, the essential oil vapor is taken up by the dendrites in the olfactory epithelium, where its chemical composition is transcribed as a nerve message by the olfactory nerves which resonates to the olfactory bulb. It will find its way to the limbic system and from there the nerve impulse will reach the hypothalamus and the endocrine system, from where it presents various neuro-hormonal actions. The major influence will be psychological and secondarily physiological. Mood, stress, most mental functions and ultimately behavior will be profoundly influenced.

Using the five elements of nature - Fire, Water, Earth, Wood, and Metal. CLAS Wellness purposely provides a soft-focus approach which transcends body, spirit, and mind barriers, thus allowing to address the individual constitution as a whole, to mobilize, balance or smooth the flow of Qi. The concept of yin and yang forms the basis of Chinese medicine. When either yin or yang is out of balance, each readily affects the other and by changing their proportion they achieve a new balance. It is a simple yet profound theory of vital energy, which can be applied to the healing therapy of aromatics.

Through the use of CLAS Wellness Sessions, mood, stress, most mental functions and ultimately behavior will be profoundly influenced.



SECTION 3 | CLAS WELLNESS ELEMENTS

ESSENTIAL OIL PROFILES

CLAS Wellness System has chosen 21 essential oils and 2 specialty oils for the practitioner's use. Not only are these oils chosen for their properties, but they can be easily sourced and often found organically grown. As of this writing, the botanicals listed below are not on the "endangered" or "watch" list. Proper SOAP notes should be taken with CLAS Wellness. Any essential oils that are not agreeable to the client should also be noted.

FIRE

After the session questionnaire, if the color red emerges for the client, it means that it corresponds to the energetic element Fire. The oils to sedate and tonify Fire are: May Chang, Eucalyptus Citriodora, Sweet Orange, and Tea Tree.

NAME	BOTANICAL NAME	FAMILY	PART USED	HABITAT	INDICATIONS/USES
May Chang: AF01	<i>Litsea cubeba</i>	<i>Lauraceae</i> - Laurel family	Steam distillation of the fruit	East Asia	Calming, sedative, and anti- inflammatory, nervous depression- cooling
Eucalyptus: AF02	<i>Eucalyptus citriodora</i>	<i>Myrtaceae</i> - Myrtle family	Steam distillation of the leaves	China, Australia, Brazil	Analgesic, calming, sedative, and anti- hypertensive - cooling.
Tea Tree: AF03	<i>Melaleuca alternifolia</i>	<i>Myrtaceae</i> - Myrtle family	Steam distillation of the leaves	Australia	Immune stimulant, invigorating, clearing, antiviral - cooling
Orange: AF04	<i>Citrus sinensis</i>	<i>Rutaceae</i>	Rind	USA, Italy	Anti-infectious, calmative, digestive stimulant -cooling



May Chang



Eucalyptus



Tea Tree



Orange

SECTION 3 | CLAS WELLNESS ELEMENTS

WATER

After the session questionnaire, if the color dark blue emerges for the client, it means that it corresponds to the energetic element water. The oils to sedate and tonify Water are: Frankincense, Patchouli, Vetiver and Lavender, and Lemongrass.

NAME	BOTANICAL NAME	FAMILY	PART USED	HABITAT	INDICATIONS/USES
Frankincense: AWA01	<i>Boswellia carterii</i>	<i>Burseraceae</i> - resin	Steam distillation of the gum resin	Oman, Somalia, India	Depression, exhaustion, stress conditions, rejuvenating, calming, soothing - cooling.
Patchouli: AWA02	<i>Pogostemon cablin</i>	<i>Lamiaceae</i> - Mint family	Steam distillation of dried leaves	Indonesia, India	Soothing, relaxing, anxiety, depression- warming.
Vetiver	<i>Vetiveria zizanoides</i>	<i>Gramineae</i> - Grass family	Steam distillation of the roots	India, Haiti, USA	Depression, Immune system, relaxing, anxiety, tension- cooling
Lavender: AWA03	<i>Lavendula angustifolia</i>	<i>Lamiaceae</i> - mint family	Steam distillation of the cut flower tops and stalks	France, Bulgaria, England, China, Croatia, Tasmania	Insomnia, exhaustion, weakness, tension, stress, balancing, relaxing- cooling
Lemongrass: AWA04	<i>Cymbopogon citraus</i>	<i>Gramineae</i> - Grass family	Cultivated grass	India, Indonesia, Egypt, Guatemala	Anti-inflammatory, for tense conditions, cooling.



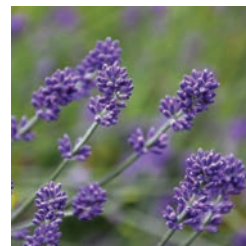
Frankincense



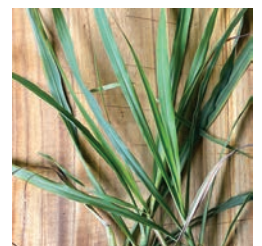
Patchouli



Vetiver



Lavender



Lemongrass

SECTION 3 | CLAS WELLNESS ELEMENTS

EARTH

After the session questionnaire if the color yellow emerges for the client, it means that it corresponds to the energetic element Earth. The oils to sedate and tonify Earth are; Geranium, Ginger, Bergamot, and Lemon.

NAME	BOTANICAL NAME	FAMILY	PART USED	HABITAT	INDICATIONS/USES
Geranium: AE01	<i>Pelargonium graveolens</i>	Geraniaceae-geranium family	Steam distillation from the leaves	Egypt, Reunion	Calming, sedative, anti-inflammatory, nervous depression-cooling
Ginger: AE02	<i>Zingiber officinale</i>	Zingiberaceae- ginger family	Steam distillation from fresh or dried rhizome	China, India, West Indies	Fatigue, stiffness, insecurity, warming, balancing - Hot
Bergamot: AE03	<i>Citrus aurantium</i> ssp. bergamia	Rutaceae-citrus family	Expressed from the peel of the fruit	Sicily, Italy	Insomnia, irritability, anxiety, stress, mood swings, harmonizing, balancing- cooling.
Lemon: AE04	<i>Citrus limonum</i>	Rutaceae-citrus family	Cold pressing the fresh rind	USA, Israel, Italy, Argentina	Mental fatigue, fogginess, uplift and clarify- cooling



Geranium



Ginger



Bergamot



Lemon

SECTION 3 | CLAS WELLNESS ELEMENTS

WOOD

After the session questionnaire if green emerges for the client, it means that it corresponds to the energetic element Wood. The oils to sedate and tonify Wood are; Clary Sage, Tangerine, Peppermint, and Spearmint.

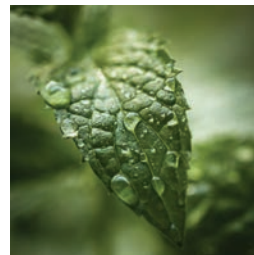
NAME	BOTANICAL NAME	FAMILY	PART USED	HABITAT	INDICATIONS/USES
Clary Sage: AWD01	<i>Salvia Sclera</i>	<i>Lamiaceae</i> - Mint family	Steam distillation from the flowers and foliage	Bulgaria, France, Morocco, Russia	Nervousness, tense, chronic stress, calming, balancing, uplifting - warming
Tangerine: AWD02	<i>Citrus reticulata</i>	<i>Rutaceae</i> - Citrus family	Expressed from the fresh peel	USA	Anxiety, insomnia, mental distress, irritability, uplifting, soothing - cooling
Peppermint: AWD03	<i>Mentha Piperita</i>	<i>Lamiaceae</i> - Mint family	Steam distillation from the leaves	England, USA, China, Russia, Tasmania	Headache, vertigo, migraine, nervous stress, stimulating, clearing, invigorating -cooling
Spearmint: AWD04	<i>Mentha spicata</i>	<i>Lamiaceae</i> - Mint family	Steam distilled from fresh leaves and flower	USA, S. America, Japan, China	Mood swings, feeling disconnected, stuck emotions - cooling



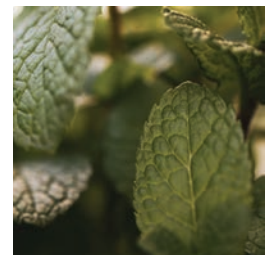
Clary Sage



Tangerine



Peppermint



Spearmint

SECTION 3 | CLAS WELLNESS ELEMENTS

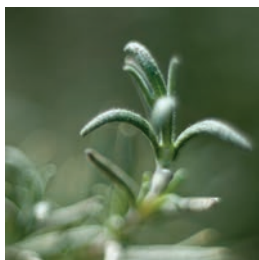
METAL

After the session questionnaire if the color White emerges for the client, it means that it corresponds to the energetic element Metal. The oils to sedate and tonify Metal are Grand/Siberian Fir, Rosemary, Atlas Cedarwood, and Cypress.

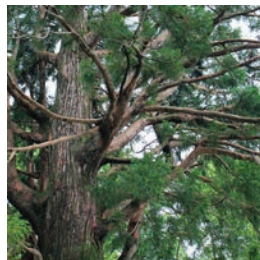
NAME	BOTANICAL NAME	FAMILY	PART USED	HABITAT	INDICATIONS/USES
Fir Needle Siberian/Grand/ Silver: AM01	<i>Albies ssp. sibirica, A. grandis, A. alba</i>	<i>Pinaceae-</i> Conifer family	steam distillation from the needles	USA, Northern Europe	Weak conditions, poor memory, depression, bronchial conditions, clearing, uplifting - warming
Rosemary: AM02	<i>Cedrus atlantica</i>	<i>Lamiaceae-</i> Mint family	Steam distillation of the flowering tops and leave	France, Morocco, Spain, Tunisia	Fatigue, distraction, sluggishness, invigorating, stimulating- warming
Atlas Cedarwood: AM03	<i>Mentha Piperita</i>	<i>Pinaceae-</i> evergreen family	Steam distillation from stumps of the trees	Algeria, Morocco	Fatigue, exhaustion, burnout, anxiety - warming
Cypress: AM04	<i>Cupressus sempervirens</i>	<i>Cupressaceae</i>	The fresh leaves and twigs	France, Spain, Morocco	Stability, cope and accept, comfort (bereavement) - cooling



Fir Needle



Rosemary



Atlas
Cedarwood



Cypress

SPECIAL OILS FOR SMOKING CESSATION

NAME	BOTANICAL NAME	FAMILY	PART USED	HABITAT	INDICATIONS/USES
Clove Bud: AS01	<i>Syzygium aromaticum</i>	<i>Myrtacea</i>	unopened dried flower buds-warming	Worldwide	Smoking cessation
Black Pepper:AS02	<i>Piper nigrum</i>	<i>Piperaceae</i>	Berries are crushed-warming	India	Smoking cessation



Clove Bud



Black Pepper

CLAS Wellness System recommends using only the highest quality medical grade and organic essential oils whenever possible for CLAS Wellness session.

Please keep your essential oils out of sunlight and preferably in a locked cabinet.

RECOMMENDED SOURCES

K. Hüsni Can Baser, Gerhard Buchbauer; *Essential Oils Science, Technology, and Applications*

Peter Holmes; *Clinical Aromatherapy: Using Essential Oils for Healing Body & Soul*

Patricia Davis; *Aromatherapy an A-Z*

Gabriel Mojay; *Aromatherapy for Healing the Spirit*

Julia Lawless; *The Illustrated Encyclopedia of Essential Oils*

Jeanne Rose; *375 Essential Oils and Hydrosols*

Kurt Schnaubelt, Ph.D.; *Advanced Aromatherapy*

SECTION 4 | THE CLAS SESSIONS

CLAS SESSION

When your client is having a CLAS session, all of the elements we've discussed thus far engage and/or become engaged (to varying degrees), that is: the body's absorption of Sound, Aroma and Color (through the sensory inputs of sight, hearing and smell/the olfactory system. In this section, we will see how all of these elements merge to create a multi-sensory session.

Before doing that, however, we need to re-emphasize two important points:

- CLAS sessions are not intended to replace traditional session; rather
- They are designed as a tool to be used in conjunction with traditional therapies.

NOTES ABOUT THE CLAS SESSION - CAUTION!

Be advised that:

- CLAS sessions are Not intended for use by children who are age 14 and under
- Individuals who have epilepsy, or any other type of seizure-prone condition should not undergo CLAS sessions.
- Client's personal data (regarding general health, personal preferences, and overall mood and emotional state should always be kept confidential.

In addition, before beginning the first session, it is vital that you have in place and utilize a good **consent form** that includes questions about prior and current conditions and that also includes a list of any medication the client may be on.

- Sound/music is harmonized with cymbal sounds, movements, and images that create emotions, memories and feelings that are analyzed.
- The dynamics of forms: Mandalas (the earth's symbols) used in meditation bringing the unconsciousness to consciousness.
- Aromatherapy—during which essential oils are diffused during the CLAS session.

Note In order for a client to get the greatest benefit from the CLAS Wellness sessions, you should encourage the individual to commit to a minimum of 6-8 sessions.

HOW TO CONDUCT A CLAS SESSION

- Ensure that the room is set up and ready. Make sure the equipment is set up BEHIND the client.
- The client enters the room with the facilitator.
- Input the client's personal data (name, gender, date of birth, date of session, etc.).

Note: When the computer is turned on, the input Data program will come up on the screen automatically. Click on the "Save" icon.

- Next, the Questionnaire program will automatically pop up and the client responds to each question accordingly.

SECTION 4 | THE CLAS SESSIONS

- During this phase, tell the client to approach and answer questions based on his/her feelings right now—in the present—and answer everything honestly and accurately.
- Once the preliminaries are complete, help the client get as comfortable as possible for relaxation in the recliner (use the tilted-back position) or on the session table (the back of which should be raised to a 45-degree angle). Use a pillow and/or a blanket if it will further help the client get comfortable.

Note: If the client has any anxiety, a massage before the session can be helpful. If the client is depressed, a massage after the session can be helpful.

- Mention to the client that they may experience emotional releases (crying) during the session and remind them that a response like crying is good and to be celebrated.
- Based on the dominant color that shows up during the preliminary questions the client responds to, select the appropriately color-coded essential oil and plug it into the diffuser.
- Then press “Start” and the program will take it from there automatically.

Note: When conducting a session, avoid staying in the room because repeatedly staring at the constantly-changing patterns is not advised.

WHAT HAPPENS DURING A SESSION

Pre-Session Questionnaire:

The practitioner will start by asking you a series of questions through a computerized system some regarding your health, your preferences, and your general well-being. You will see these questions on a computer screen in front of you. The program will record your answers.

THE SESSION

STEP 1: Guided Imagery

The session will begin with a “color bath “or guided imagery. While sitting in a relaxing, comfortable chair, mesmerizing colors and sounds will appear and a whiff of aroma will fill the room. These colors, shapes and aromas are determined by the questionnaire answered prior to the session.

STEP 2: ELEMENT

After 5 minutes of the balancing “color bath”, one of the five elements of nature (fire, water, metal, wood or earth) will be introduced. The client will see landscape scenes and images in the brilliant colors filling the High-Definition (HD) screen. The landscapes/ images are all accompanied by specifically recorded sound compositions. This part of the session may induce a personal emotional reaction that begins to balance the mind and ease the emotional charge.

SECTION 4 | THE CLAS SESSIONS

STEP 3: MANDALAS

Following the experience with the elements of nature, Harmonial will display images of mandalas, symbols that will get the client into a deeper state of relaxation and meditation. The colors and shapes of the mandalas are carefully choreographed and correspond to each of the seven chakra colors (power centers) and are accompanied by dedicated composed music, all tailored to the individual client.

STEP 4: RAINBOW

The session will end with the rainbow experience where everything is coming together in a relaxing and restoring display of all the colors and music.



INFORMATION TO HELP YOU INTERPRET THE RESULTS OF THE SESSION

THE FIRST SESSION involves re-harmonization based on the physical symptoms of the subject.

THE SECOND SESSION involves successive re-harmonization/leveling of the energetic, emotional and mental bodies.

THE THIRD SESSION completes the re-harmonization.

THE FOURTH and all other subsequent sessions involves individual awareness of the problem and re-harmonization on all levels. Therapist or physician should be involved to help the individual with their new way of thinking, helping them to create new habits.

INTERPRETATION OF THE COLOR BATH

Harmonial allows you to decrypt the individual's energetic expression.

THE FIRST COLOR that appears informs the therapist/physician of the person's general makeup; his or her "modus operandi" which means the current energetic state that the person is in.

THE SECOND COLOR projects as a flash and informs the therapist which color energy the client is lacking.

The therapist then deciphers or decodes the individual's problem according to the traditional, therapeutic colors symbolic of the rainbow.

COLOR EXPLANATION

Harmonial uses the twelve colors of the rainbow to re-energize the person's own body parts that is sensitive and responds to the same wavelength of that color being applied at that moment.

The system is able to decipher if an individual has an excess or a lack of energy based on their own color vibrations.

SECTION 4 | THE CLAS SESSIONS

COLOR RECOGNITION DURING THE FIRST SESSION

RED represents energetic application of red and is used when there is excessive cold energy.

ORANGE represents energetic application of orange and is used when there is excessive hot energy.

YELLOW represents energetic application of yellow and is used as a balancer when the client's body is too hot and humid.

GREEN represents energetic application of green when there is an excess of humidity.

BLUE represents energetic application of blue when there is an excess of dryness.

INDIGO represents energetic application of indigo when there is an excess of aggression.

PURPLE represents an energetic application of purple to balance dry and cold.

WHITE represents energetic application of white to stimulate all energies.

BLACK maximizes colors.

According to Dr. Elizabeth Rosse, one session will suffice for the therapist or physician to retain relevant information about the client. After the session, get feedback from your client about:

- the color bath
- the flash-in color and the session's prevalent color
- notice the client/ client's body language or attitude (ex: personal speech tone of his/her voice) and vocabulary (ex: angry, sad, desperate)
- how the person articulates him/herself should be recorded on the client's chart or SOAP notes.

USE OF THE FIVE ELEMENTS

As mentioned before, CLAS Wellnes System works with the five elements in Chinese medicine. The five elements and their associated colors are:

- FIRE - red, rose/magenta- action, strength, movement, elimination
- WATER- dark blue/black-equilibrium, conception
- EARTH- orange/ yellow-energy assimilation.
- WOOD - green/ blue green- grounding, balance
- METAL- white/grey- self-expression, coordination, memory

SECTION 4 | THE CLAS SESSIONS

THE USE OF MANDALAS

A mandala represents the unity, the completion or perfection of the planet. Mandalas help us with meditation, provide concentration support and take shape in various geometrical forms overlapping each other—that is: triangles, circles, squares, hexagons, rectangles, crescents, stars, etc.

- Mandalas, with their geometrical shapes, help the client to focus and contemplate in their intuitive senses—integrating certain spiritual elements into their own personality and consciousness. For example:
- The circle represents sky and time;
- The square represents earth and stability;
- The triangle represents union, harmony, and perfection; and
- The star represents light, guidance and the universe.



NUTRITION AND EXERCISE

We could not end this manual without mentioning the importance of exercise and a good diet for the client. Your client should eat fruits and vegetables according to their seasons. Their colors are significant for us. Whenever possible, eat organic.

WHITE FOODS

Vegetables that are white in color like celery root, horseradish, cauliflower, and garlic help reduce the risk for cardiovascular disease, prevent buildup of plaque on artery walls and is rich in vitamin C, fibers, and enzymes that prevent cancer. Cauliflower has a nutrient called choline which the brain converts into a chemical that researchers believe may help slow age-related memory loss.

RED FOODS

Fruits and vegetables are enriched with iron, copper, vitamin B and increase vitality. orange -rich in vitamin B, stimulate digestion, excite the appetite.

YELLOW FOODS -full of solar rays, yellow fruits and vegetables are rich in vitamins A and C, balance energy, and increase mental alertness.

GREEN FOODS

Rich in Vitamin C and minerals and Vitamin K. The greener, the better.

BLUE OR INDIGO FOODS

Rich in vitamin K, excellent for controlling cholesterol. Great if blended with a cup of orange juice and consumed 30 min. before eating or drinking anything else.

PHYSICAL EXERCISE

Exercise in your favorite colors. This stimulates your brain and you are more prone to exercise more frequently. Exercise every day at the same time. Don't forget that Yoga, Qi Gong and Pilates are excellent ways of stretching the body in a gentle way.



MAXIMIZING THE CLAS WELLNESS BENEFITS TO YOUR CLIENTS

Multiple other treatments can be combined with the CLAS experience to make your client's visit truly unforgettable. Listed below are several other modalities you could offer as part of a package, a whole day spa experience, or give your clients the option of selecting them "a la carte" from your spa treatment menu.

MASSAGE

The CLAS Wellness sessions employ 3 of the 5 senses - sight, hearing, and smell. You can offer a massage in addition to employ touch, and perhaps a signature chocolate or other treat for taste to complete an experience that activates all five senses.

THE BARS TECHNIQUE

"The Bars" Technique is a Dynamic Stress Relief Treatment based on a proven scientific principle of energy and consciousness. Science tells us our thoughts influence our molecules and create disease, disorder and aging.

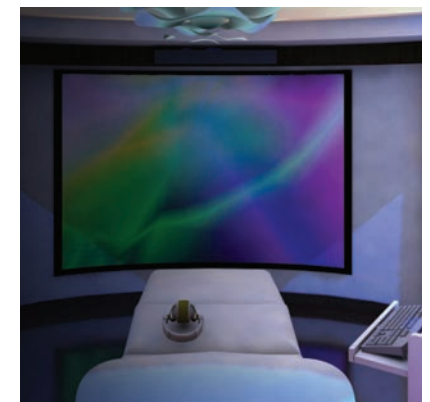
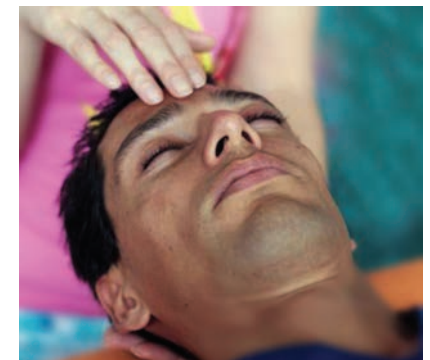
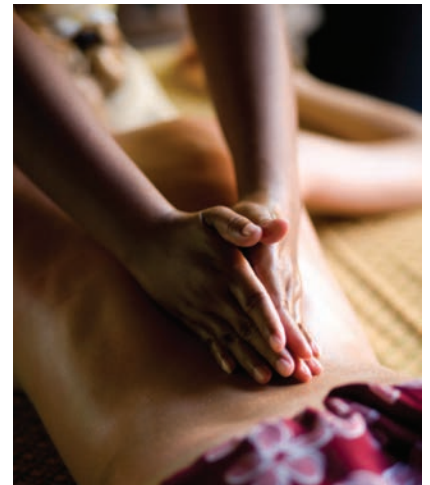
Discovered in 1990 by Gary Douglas, founder of Access Consciousness™, the technique of running the bars has created massive amounts of ease and change for people all over the world. This amazing stress relief treatment has only been available in private clinics and Access classes up until now. This incredibly dynamic treatment has been called the shortcut to clearing the mind, healing the body, and achieving the inner peace you've been looking for. It's like effortless, accelerated meditation. Offering this in addition to a CLAS session would be the ultimate in stress reduction for your clients - literally an altered state.

INCREASE YOUR SPA'S REVENUE

CLAS Wellness is available to spas in many different packages, tailored to your spa's needs. The packages are designed to bring added value and increased revenue to your spa, all without the need for a technician present during the session, increasing your return on investment.

UPSELL OPPORTUNITIES

CLAS Wellness offers at-home packages for your clients to buy on a subscription basis, to take the amazing benefits of these relaxation sessions home with them. Please inquire at 1-888-446-3747 for details on this and all the other CLAS Wellness options.



The references listed here have been valuable resources to substantiate portions of this booklet:

Hoffman, Maryanne E.: *Color Therapy for Children*, Star Visions, Solon, OH, 1998

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Ghadiali, Dinshah: *Spectro-Chrome Metry Encyclopedia*, Dinshah Healthy Society, Malaga, NJ, 2003

Klotsche, Charles: *Color Medicine*, Light Technology Publishing, Flagstaff, AZ, 1992

Color Therapy, Health Research, Pomeroy, WA, 1999

Leaf, Dr. Caroline: *Switch on Your Brain*, Baker Books Publisher, 2013.

DISCLAIMER

CLAS Wellness System is a form of alternative (holistic) medicine that is designed to be used for stress management as a way to aid in the session of depression, anxiety, and stress without drugs. Its primary purpose is to work in support of traditional forms of therapy and session.

However, no statements contained in this document, or in any publication of Harmonial Corporation, or on the CLAS Wellness website, and no information provided by any owner, employee or affiliate of Harmonial Corporation, should be construed as making medical or professional claims, or otherwise, that CLAS Wellness System is intended for use in the diagnosis, cure, session, prevention of disease. Nor is it intended to be construed as a substitute or replacement for qualified medical advice, diagnosis or session. Clients who are undergoing sessions with CLAS Wellness System are encouraged to work closely with their therapist or healthcare practitioner in order to monitor their condition and/or their medical needs.

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PATENT

U.S. Patent # 9,839,762 B2 Dec. 12, 2017

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The Harmonial CLAS Wellness System is not intended to diagnose, treat, cure or prevent any disease or illness.

NOTES



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