

Rubelle Necklace Therapy

Energizing Hydrotherapy

This therapy for women combines the energy of Pink Tourmaline with water to strengthen and energize all the cells in a woman's body. By submerging in bathwater that has been suffused with Pink Tourmaline energy, a woman's individual cells are infused with this energy.

Therapy Tools

- One solid necklace of Pink Tourmaline rounded chips or a Rubelle necklace
- Bathtub with faucet
- One cup of non-iodized sea salt

Indications

- When a woman is experiencing physical disharmony that affects her entire body, such as fatigue, a cold or flu, or a more serious systemic disease
- When a woman has been wearing Pink Tourmaline without feeling improvement in her health, possibly indicating a need to focus the gemstones' energy at the cellular level
- When a woman desires an extra infusion of Pink Tourmaline energy

Contraindications

The Pink Tourmaline Bath is not recommended for men.

Effects

- This therapy produces a relatively mild infusion of Pink Tourmaline energy in bathwater. It acts like a tonic for individual cells throughout a woman's entire body, especially the cells of her skin, soft tissues, muscles, and organs.
- Because the infusion is mild, the Pink Tourmaline energy does not penetrate the body deeply; therefore, its effects on the muscles, bones, tendons, and ligaments are less significant.
- Pink Tourmaline's energy cannot be directly imparted to calm water.
- Some kind of movement is required to carry the Tourmaline's energy into the water molecules. The action of running water creates enough molecular friction to infuse the Pink Tourmaline energy into the water.

Procedure

Do not skip Step 1. An uncleansed necklace can release disharmonious energies into the bathwater.

1. Thoroughly cleanse the Pink Tourmaline or Rubelle necklace you will be using for the treatment—

- Hold the necklace under alternating hot and cold running water for 1 or 2 minutes. If you are cleansing the necklace in a bathtub, allow this water to run down the drain; do not use this water for your treatment.
 - Place the necklace in direct sunlight for 15 to 30 minutes.
2. Start running water into a clean bathtub. Make sure the water is a comfortable temperature.
 3. Pour one cup of non-iodized sea salt into the bathtub while the water is running.
 4. Hold the necklace under the running water, so that the length of the double strand you've created hangs in the middle of the stream.
If the necklace is longer than 20 inches, hold the necklace by its middle so that you create a quadruple strand in the stream of running water.
 5. When the water is three to four inches deep, enter the tub. Continue holding the Pink Tourmaline under the running water until the tub is full enough to submerge as much of your body as possible.
 6. Turn off the water, and leave the Pink Tourmaline necklace in the tub.
 7. Soak in the bathtub for about 15 minutes.
 8. When you have finished soaking in the water—
 - Drain and wash the tub.
 - Cleanse the necklace (see Step 1 for instructions).
 - Put the necklace around your neck.

Time Guidelines

After about 15 minutes, the concentration of Pink Tourmaline energy in the water starts to decline rapidly. After about 30 minutes, its effects are negligible, perhaps only 5 to 10 percent of what they were during the first 15 minutes.