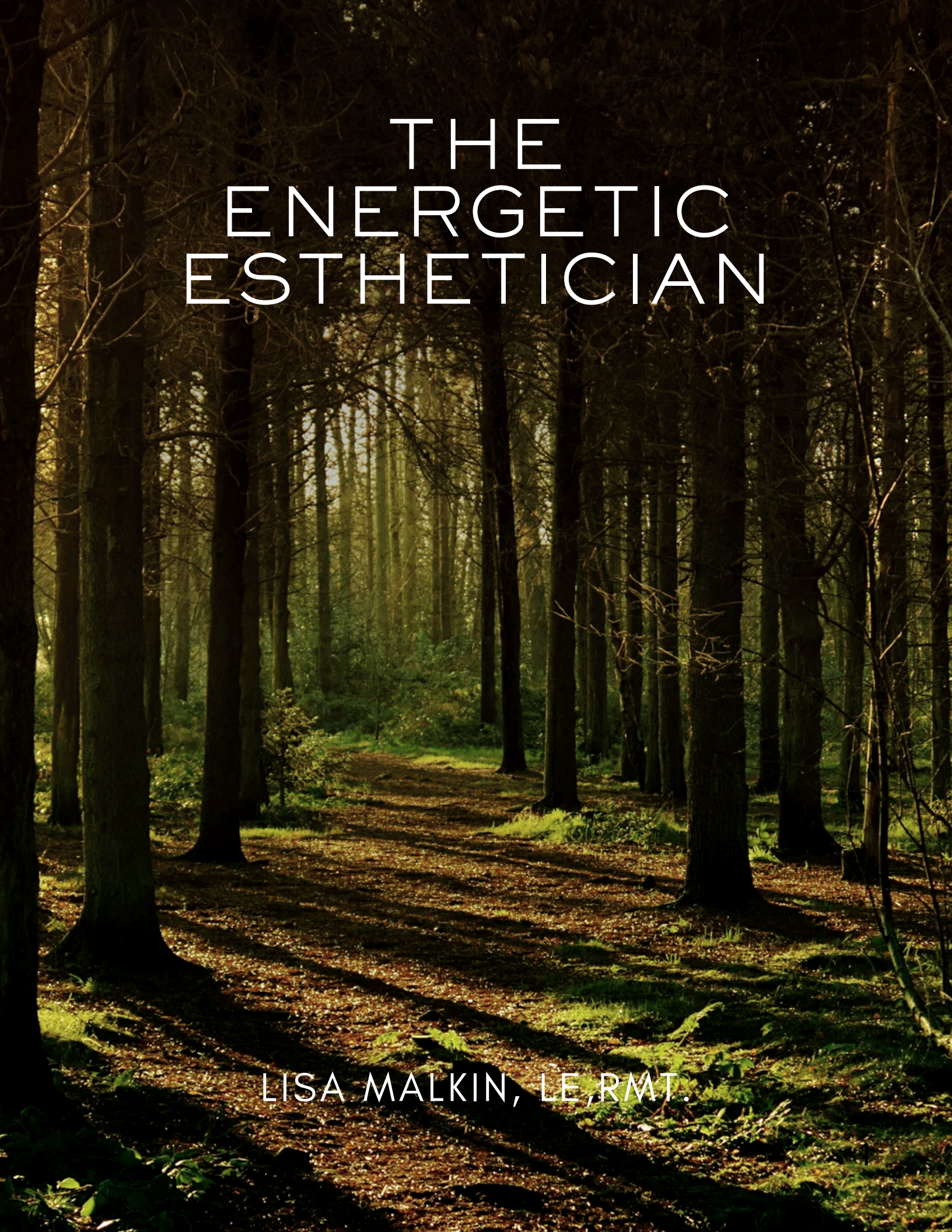




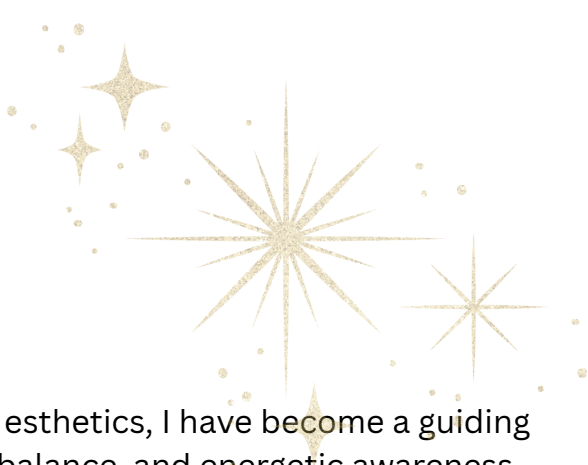
# THE ENERGETIC ESTHETICIAN

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## Introduction

With over a decade of experience blending healing and esthetics, I have become a guiding force for professionals seeking to bring more purpose, balance, and energetic awareness into their treatment rooms. As the founder of Beauty and Bliss I bridge the worlds of science and spirit teaching estheticians how to cultivate grounded energy, protect their vibration, and elevate the client experience through mindful presence.

My journey began in the skincare industry, where I discovered that true beauty and transformation go far beyond the surface. As a Reiki Master Teacher, Integrated Energy Therapy (IET) practitioner, and sound healing facilitator, I have developed a holistic approach that helps both clients and practitioners restore balance on physical, emotional, and energetic levels.

Today, I share my wisdom with students and professionals who want to expand their practice through energy work. My trainings focus on the art of energetic hygiene, intuitive connection, and the embodiment of healing energy empowering estheticians to serve from a place of alignment rather than burnout.

Whether leading a sound bath, mentoring a new healer, or teaching the power of energy in esthetics, my mission remains the same: to awaken others to the sacred exchange that happens in every treatment room and to inspire practitioners to shine their light within and beyond their work.



## In the Treatment Room

Every treatment you give carries your vibration. The energy you hold within yourself sets the tone for every client interaction it is felt before a single word is spoken or a touch is made. When you are calm, grounded, and heart-centered, your client feels safe, nurtured, and supported. Your steady energy allows their nervous system to relax and their body to receive the full benefits of your care.

When your energy is scattered, rushed, or fatigued, it can unconsciously affect the treatment experience. Clients may not be able to name it, but they feel it the subtle disconnection, the hurried pace, the lack of presence. Energy awareness means becoming conscious of your own vibration and understanding how it influences every moment in your treatment room.

Creating an intentional pause before each session allows you to reset your energy and realign with your purpose. Take a breath. Feel your feet on the ground, roots coming out of the bottom of your feet. Imagine a golden bubble around yourself. Call back your energy and release whatever isn't yours. Then set a clear intention perhaps for peace, healing, clarity, or connection. This simple act shifts your frequency and transforms your work from routine service to sacred exchange.

Energy awareness isn't just about protecting your energy it's about honoring the privilege of touching another human being's energy field. When you show up fully present, your clients don't just leave with glowing skin; they leave feeling seen, balanced, and renewed.

Your client is buying YOU, your experience and trust.





## Grounding and Protection

In the treatment room, our energy becomes part of the healing experience. Each session is an exchange not just of touch, but of emotion, presence, and vibration. Grounding and protection are essential practices to maintain balance, integrity, and energetic hygiene as a practitioner.

Grounding is the process of anchoring your energy into the present moment and connecting with the Earth beneath you. It brings stability, calm, and focus, allowing you to remain centered no matter what your client may be carrying.

Before each session, take a few deep breaths. Feel your feet rooted to the floor. Imagine a gentle cord of light extending from the soles of your feet deep into the Earth, connecting you to a steady, nurturing energy. This simple intention shifts your vibration into one of calm strength and presence.

Energetic protection is not about building walls, but about maintaining healthy boundaries. It's about staying open enough to be compassionate, yet clear enough not to absorb what isn't yours. You can visualize yourself surrounded by a soft light perhaps white, gold, or violet forming a shield that allows love and healing to flow in and out, but filters anything heavy or draining. Some practitioners like to call upon their guides, angels, or simply the intention of "I am protected, grounded, and in alignment with only for the highest good."

After each session, it's just as important to clear and reset your energy. Wash your hands with awareness, shake off residual energy, or step outside for a moment of fresh air. You might use sound, crystals, or smudging tools, a selenite wand or whatever resonates with your practice. Express gratitude for the healing exchanged and release all energy that isn't yours back to Source with love.

Grounding and protection are acts of self-respect and spiritual hygiene. When your energy is steady, your intuition sharpens, your presence deepens, and your clients feel safe, supported, and held in true healing light.

## Avoiding Burnout

Healing work requires presence, empathy, and energy but even the most giving hearts must remember to refill their own cup. Burnout doesn't happen overnight; it builds quietly when we give more than we restore. You may notice it as fatigue, irritability, lack of inspiration, or emotional heaviness after sessions.

To avoid burnout, you must treat your own energy with the same care and intention you offer to others. Your well-being is part of your practice.

1. Honor your limits. You can't pour from an empty vessel. Listen to your body and your intuition when they whisper that you need rest, space, or stillness. Taking a pause isn't weakness it's wisdom.

2. Protect your time and energy. Not every opportunity or client is meant for you. Learn to say no without guilt. Your energy is sacred and deserves discernment.

3. Create daily rituals of renewal.

Even small moments restore your light, morning sunlight, breathwork, journaling, or simply sitting in silence. Listen to chakra balancing music or mindfulness podcasts. These moments are medicine.

4. Ground between sessions.

Take a few deep breaths, step outside, or wash your hands with intention to reset your energy before seeing your next client. This helps release what's not yours to hold.

5. Remember your "why."

Reconnect often to what inspired you to begin this work — the love of helping others, the transformation you've witnessed, the peace you feel when aligned with your purpose.

When you care for yourself as deeply as you care for your clients, your energy stays clear, your intuition stays strong, and your passion remains alive. A nourished practitioner creates the safest, most powerful space for healing.



## Manifesting Your Desires

Manifestation begins long before a client walks through your door. The treatment room is not just a workspace it's a sacred portal where your energy sets the tone for everything that unfolds. Every thought, feeling, and vibration you bring into that room ripples outward, shaping your reality and attracting what aligns with it. When you learn to embody the energy of abundance, confidence, and worthiness, your clients feel it too and your business naturally expands.

Start by grounding yourself before each session. Breathe deeply, place your hand over your heart, and remind yourself that you are safe, supported, and deserving of success. See yourself surrounded by light, filling your body with calm, radiant energy. As you work, visualize your business thriving appointments booked, loyal clients returning, your schedule full, and money flowing in with ease. Feel the gratitude as if it's already yours. This is the key: manifestation responds to emotion, not just thought. The universe mirrors your vibration, so when you feel abundant, you attract abundance.

Protect it. Believe in it. Watch as your treatment room becomes a powerful portal not just for your clients' transformation, but for your own expansion and abundance. Shift your mindset around money and receiving. You are not just providing a service you are exchanging energy. Allow yourself to be open to that flow without guilt or hesitation. You deserve to be compensated for your gifts, your time, your education, and your heart-centered energy. The more aligned and deserving you feel, the easier it becomes for others to invest in you.

Manifestation is a full body experience not something you think, but something you live. Walk into your treatment room like the version of yourself who already has everything you desire. Move with confidence, speak with love, and trust that you are magnetic. The more you embody your future self now, the faster your outer world will rise to meet it.

At night I would dream and visualize the next day in repeat with so much joy and excitement. I am in the zone. Look at athletes. They visualize their win like their life depends on it. It takes daily work and dedication. Your energy is your currency. Nurture it.

## Raising Your Vibration & Releasing Energy Blocks

Your vibration is your energetic signature the frequency you send out that magnetizes everything you experience. When your energy is high, you attract clarity, abundance, aligned clients, and effortless flow. When your vibration is low, you may feel stuck, anxious, or blocked, especially around money and success. The beautiful truth is: you can shift it at any time.

Start with awareness. Notice how your body feels when you are around certain people, do they make you feel happy? Do they complain and lower your vibe? Do they uplift you or put you down? When you raise your vibration people tend to drift off. They're not aligned and they're not on your level of a higher frequency. This is a good thing. They cannot come with you to the next level of your success. Say goodbye to the old and welcome the new.

Remembering who you truly are: a powerful energetic being, fully supported by the Universe. The more you nurture your vibration, the more effortlessly abundance, peace, and purpose will flow into your life. Don't force just release all fear and focus on faith. universe show me how good it gets. Get excited!

When you think about money, success, or receiving, do you feel tightness in your chest or stomach? That tension is energy asking to be released. Take deep, intentional breaths and visualize pure light moving through your body, clearing out stagnation and dissolving old patterns. Energy must move to transform.

Clear your environment too. Open windows, spray sage spray or palo santo, play sound frequencies or gentle chimes, and set the intention to release any low-lying or stagnant energy that doesn't serve your highest good. Speak it aloud: "I release all energy that is not mine and call back my power cleansed and renewed." Your space and your aura will instantly feel lighter.



Listening to Hertz frequency music especially 432 Hz, 528 Hz, or 963 Hz — can help you raise your vibration even deeper. These healing frequencies naturally align your body and mind with higher energetic states. As you listen, allow yourself to quiet the mind. Through stillness, breath, and meditation, your thoughts begin to vibrate higher, creating space for divine guidance. This is when downloads from the Universe, your higher self, and the Divine flow in effortlessly.

Financial blocks often stem from old stories beliefs that you must struggle, overwork, or prove your worth. Listen to the words that come out of your mouth that start with I can't, I wish, and I never. Change them to I welcome, I believe, I call in. Begin rewriting them. Affirm: Money is energy. It flows to me with ease because I am open, aligned, and deserving. Visualize yourself already abundant bills paid with grace, your business thriving, and your heart filled with gratitude. Gratitude elevates your vibration. Write down 3 things that you are grateful for everyday. Writing down with pen and paper holds so much more power than just saying the words.

Raising your vibration is not a one-time act but a sacred daily ritual of releasing, realigning, and glow.

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MANIFEST  
MANIFEST

## Meditation 1: “Root Into Your Power”

Purpose: To ground your energy, calm your nervous system, and anchor into stability before seeing clients.

Begin by finding stillness.

Sit or stand tall, feeling your feet firmly on the ground. Take a deep breath in through your nose, and exhale through your mouth, releasing the morning rush or any lingering thoughts.

Feel the weight of your body supported by the Earth beneath you. Visualize roots extending from the soles of your feet deep into the ground, anchoring you into the Earth’s steady core.

With each inhale, imagine you’re pulling up strength, stability, and nourishment from these roots.

With each exhale, release any tension, worry, or distraction that doesn’t serve you today.

Now bring your awareness to your heart center. Feel your energy gathering there calm, balanced, and powerful.

Silently affirm:

“I am grounded, centered, and ready to serve with presence and compassion.”

“My energy is steady and strong. My space is sacred and protected.”

Imagine a soft golden light expanding from your heart, filling your entire body, and radiating out around you a gentle energetic boundary that protects and supports you throughout the day.

Take a final deep breath.

As you open your eyes, feel grounded, confident, and fully connected to your purpose. You are ready for a full, abundant day.



## Meditation 2: “Align with Flow and Abundance”

Purpose: To open your energetic channels, align with ease, and prepare for a day of giving and receiving in balance.

Take a comfortable seat and close your eyes.  
Inhale deeply through your nose for a count of four.  
Hold for a moment.  
Exhale slowly through your mouth for a count of six.

Repeat this breath a few times until your mind begins to quiet and your body feels relaxed.

Now imagine a radiant beam of light descending from above, entering through the crown of your head. This light carries divine guidance and pure energy. Let it flow down through your body through your throat, heart, solar plexus, and down to your feet cleansing and aligning every energy center.

Feel the light blend with the grounded Earth energy beneath you. You are now connected above and below a clear channel of energy and service.

Repeat quietly or aloud:

“I am aligned with the flow of the Universe.”

“Energy moves through me with ease and purpose.”

“I attract aligned clients who value my gifts.”

Visualize your day unfolding effortlessly each client arriving with gratitude, each session filled with healing, harmony, and joy.

See yourself holding space with love, staying fully present yet detached from outcome.

Take one last deep breath in breathing in abundance and exhale any remaining tension or doubt.

Open your eyes knowing that your energy is clear, grounded, and ready for the beautiful day ahead.

## Affirmations

I am a radiant light. I am a peaceful presence.

I am calm. I am connected. I am abundant.

I am confident in my gifts.

I welcome the divine timing and the unfolding of my dreams.

Don't be so fixated on the outcome, visualize and release control.

Universe show me how good it can get.

There is no competition, only collaboration.

Together, we rise.

✨ To book a virtual or in-person Reiki session or to learn Reiki,  
scan to book below.

Reiki classes are held once a month with a maximum of 10 students for a personalized, high vibrational experience.

✨❤️ Lisa

