

## Aesthetical Kinesiology

by Silvano Schiochet

The aesthetical kinesiology describes how the aesthetical problems can be a starting point for using the kinesiology method in order to integrate the energetic stresses of a person.

During my presentation, I will explain a few simple tests to underline the aesthetical problems of the different types of facial skins: asphyctic skin, sensitive with couperose, hypotonic skin, greasy skin, dry skin, lymphatic stasis, wrinkles, etc.

### Introduction

I have been collaborating for about three years with a company that produces aesthetic products and, with this company, I have created a new aesthetical line of natural products as well as new massage techniques. All this has been possible thanks to the Kinesiologic Muscle Test that for its use, I have called Energetic Aesthetical Muscular Test (EAMT).

The EAMT consists of a series of simple kinesiological tests that have the purpose to underline the aesthetical stresses of the skin and to recommend a more suitable aesthetical treatment.

The kinesiologist also has the possibility to introduce himself in a beauty salon. Therefore, the aesthetical unbalance is not only a purely superficial factor, but it is also an opportunity to integrate deep energetic unbalances.

### THE TESTS

Before a facial or body treatment the aesthetician usually considers what type of treatment needs to be done. Through the kinesiological test, the evaluations are more precise and the aesthetician will be able to move more energy.

I stated that we cannot find a skin type with just one sort of aesthetical problem, but usually we all have a mixture of different factors, it would be useful to learn some terms used within the aesthetical salon.

The facial skin can be dry, sensitive to the touch (thin skin), sensitive to light, hypotonic, asphyctic, impure, greasy or with some wrinkles.

An important aspect which I discovered after treating some clients, was that the meridian Lung Point 1 on the right side (or Lung alarm point) was the point of entrance to the specific facial skin problems.

So before every facial test, it is recommended to pause lock the Lung alarm point on the right side.

Chinese medicine uses several theories to work on the body's imbalance, the most popular is "the five elements theory".

Remembering that we do not only have one specific collocation of the skin problem, we can find out which element retains the greater part of the imbalance.

So, following the Chinese medical model, we can now see the different types of tests distinguished according to the five elements.

### EARTH ELEMENT

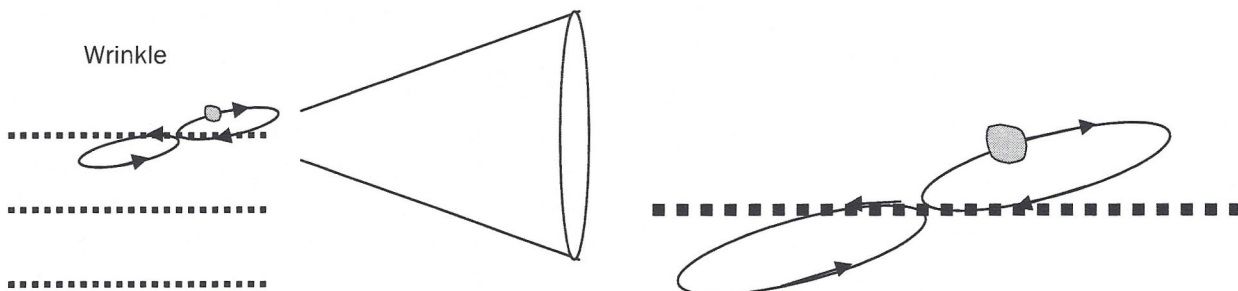
The aesthetical problem usually linked with this element is skin with wrinkles, dry skin, abdominal fat or spread fat, and sensitive capillaries.

Among these aesthetical skin problems, the most typical is the WRINKLE TEST

The wrinkle test consists of a simple TL on the wrinkle, in most cases, the imbalance is linked with the Spleen or Kidney meridians or with both.

The substances that can help delay wrinkles or their partial absorption are: shi-ta-ke mushroom, melissa, lavender, ginger, amazonite gemstone.

Another method that helps reduce wrinkles consists in rubbing the skin with a pink quartz gemstone. The ideal movement is with the figure eight shape or with a spiral shape.



### METAL ELEMENT

Impure skin, asphyctic skin, acne, starting fat in the upper part of the body and then diffused in the whole body, abundant sweat (especially during the night).

In this element the most representative test is the ASPHYCTIC TEST

The test consists in covering a part of the face with a plastic film and after a few seconds you test an indicator muscle. If the muscle being tested is weak, it means that the skin does not have sufficient air reserve.

There are a couple of reasons for this situation:

- ♦ no oxygenation in the surface or
- ♦ closed pores (impure skin)



The substances that can help delay asphyctic skin or their partial absorption are: heather, anise, garlic, black pepper, eucalyptus, ash (tree), agate gemstone.

## **WATER ELEMENT**

water retention, lymphatic stasis, dry skin, edematous cellulite.

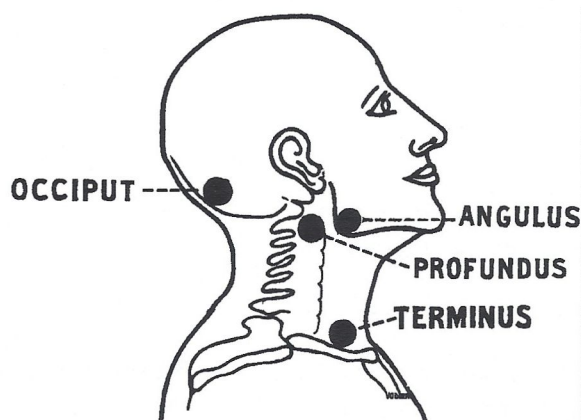
In this element the most representative tests are two: Lymphatic Test and Dry Test.

### **LYMPHATIC TEST**

This test consist in verifying if the three important lymphatic discharging areas are free.

The areas are:

- ♦ profundus,
- ♦ terminus and
- ♦ angulus.



Verify these points with a slight pressure in these areas.

### **DRY TEST**

It is similar to the classical dehydration test, in this case, we test the moisture of the skin by stretching it in different directions.

The substances that can help delay dry skin or their partial absorption are: wild apple, helichrysum, jasmine (essential oil), nettle plants, olivine gemstone.

## **WOOD ELEMENT**

Fat skin, greasy, hypotonic skin, starting stasis of toxins next to the articulations, which in time turns in to fibrous cellulite.

In this element the most typical are the hypotonic tissues. The force of gravity in time causes a weakness of the muscles and the tissues.

Another important imbalance in the wood element is greasy skin, the test is different, but I do not have sufficient information at the moment to explain this technique.

### **HYPOTONIC SKIN TEST**

For this test it is sufficient to increase the stress factor and if the muscles weakens, it means that we are stressed. Therefore, in practice we will test an indicator muscle after stretching the skin in the force of gravity direction. The substances that can help delay hypotonic skin or their partial absorption are: cypress, cajeput, spearmint, grape juice, sage, turquoise gemstone.

## **FIRE ELEMENT**

Light sensitive skin, thin skin, couperose, spread fat, dry skin. In this element, the most typical stress is the sensitive tissues.

The skin may be sensitive to light, to the touch of substances, or simply thin and, consequently very sensitive (delicate). Another element frequently linked with this imbalance is the METAL ELEMENT.

We will examine sensitivity to light and to the touch.

**LIGHT SENSITIVE TEST**

For this test, it is necessary to use a lamp light bringing it close to the face. If the skin is sensitive, the muscle will become weak.

**TOUCH SENSITIVE TEST**

Usually, sensitive skin is thin and with some capillaries on the surface. The test consists of lightly scratching the skin.

The substances that can help delay a sensitive skin or their partial absorption are: hopplant, spearmint, camomile, hypericum, sage, read vine, hamamelis, neroli, rhodochrosite gemstone.

**Testing:**

1. - Clear a circuit to use as an IM (switching, dehydration, etc...)
2. - Set the Goal
3. - Pause lock Lung 1 (of the client).
4. -Kinesiological Muscle Test the following:

a.) EARTH Element Test; TL of the wrinkle	On	<input type="checkbox"/>	Off	<input type="checkbox"/>
b.) METAL Element Test; Covering with a plastic film	On	<input type="checkbox"/>	Off	<input type="checkbox"/>
c.) WATER Element Test; pressures in lymphatic areas	On	<input type="checkbox"/>	Off	<input type="checkbox"/>
d.) WATER Element Test; dry skin test	On	<input type="checkbox"/>	Off	<input type="checkbox"/>
e.) WOOD Element Test; stretch towards gravity direct.	On	<input type="checkbox"/>	Off	<input type="checkbox"/>
f.) FIRE Element Test; bring lamp light to the face	On	<input type="checkbox"/>	Off	<input type="checkbox"/>
g.) FIRE Element Test; light scratch on the skin	On	<input type="checkbox"/>	Off	<input type="checkbox"/>

5. -Identify the priority imbalance
6. -Find the emotion.

Proceed with a complete balance paying particular attention to the beauty products used by the person; from detoxification, to hormonal balance and nutritional food.

*Silvano Schiochet– Cappella, Maggiore, Italy, works with beauticians using 6 different massage courses (basic massage, fire, earth, metal, water and face massage). Silvano will start a professional Kinesiology Aesthetical School in September '04 teaching basic TFH kinesiological techniques, as well as, specific tests for facial skin, cellulite, beauty machines and best beauty creams. He is a professional kinesiologist, TFH instructor, shiatsu therapist, naturopatist, teacher of new massage techniques series, scientific director of the Robeus Co. Alternative Branch of natural beauty products kinesiologist, naturopatist*

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