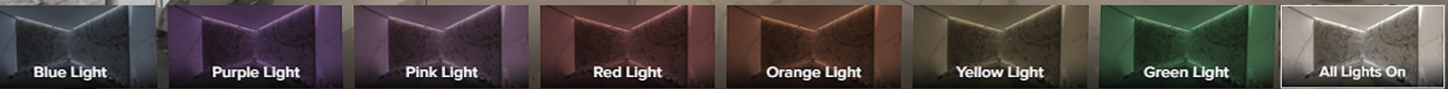


THE CRYSTAL ROOM

A pioneering way to promote deep relaxation

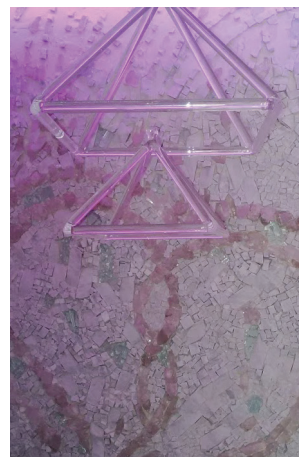
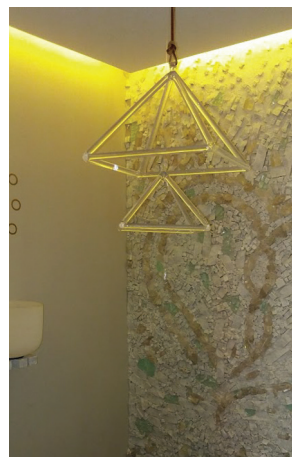


ELIZABETH CONTAL
ESPACE BIEN ÊTRE

In 2015 Elizabeth Contal created a pioneering Rock Crystal Meditation room with 800 crystals embedded in the surrounding walls. It has become considered as a sacred space of relaxation and deep calm, working away stress and promoting heightened well-being.

The room works to balance and recharge the 'Chakras' found in the human body. Chakras, by definition, are energy centres within the human body that help to regulate its processes, from organ function to the immune system and emotions. There are seven chakras positioned from the base of the spine to the crown of the head. Each chakra has its own vibrational frequency, colour, and governs specific body functions that help make you human.

It is essential to understand one thing: The human body and all living things are energy. The ability of the energy centres to function optimally is what keeps us psychologically, emotionally, physically, and spiritually balanced. This is the aim of the Crystal Room.





Treatment

A therapist will work with the client to determine which of the energy centres need most attention. The client will receive visualisation techniques, and a crystal stone, corresponding to one of the chakras, to hold during the session. The duration of the session will be programmed for 30 to 60 minutes, with the emphasis is on managing breathing, inner reflection and working to balance the energetic field surrounding the body.

The Rock Crystal Meditation room combines:

- Visual Coloured LED lighting in the hues of the Chakras
- Touch Crystal stones that a client holds during treatment
- Sound Corresponding music played at varying harmonious levels
- Smell Essential oils infused into the room
- Taste A calming tea infusion to complete the Rock Crystal Meditation experience.

Installation

ASPA have made converting an existing treatment room into a Rock Crystal Room very simple and easy with wall panels which are pre manufactured to a standard size (1m wide x 2m high). The LED lights, normally ceiling and floor mounted are easy to install and the entire control system is housed in a 60cm wide cupboard. Cables need to be able to run from the ceiling speaker to the main control. Seven Polyethylene tubes run from the centre of the room to the controller and electrical wiring runs from the LED's to the controller. The controller is powered with a normal 230Volts, 16 Amp European plug and the touch screen is built into the cupboard door. The Rock Crystal Room takes just under two days to install which makes the turn around time for a new treatment room very economical and feasible.



ELIZABETH CONTAL
ESPACE BIEN ÊTRE

Concept and sales

EC Arts et Creations C/O Regus 37 boulevard Dubouchage, 06000 Nice, France
Tel. +33(0)6 24 62 32 78 elizabeth.contal@gmail.com www.elizabethcontal.com



Production, installation and research

ASPA International, P O Box 1, Lagoa, Algarve, Portugal
Tel. +351 919 899 942 letstalk@a-spa.com www.a-spa.com

