



1528 Plumas Court  
Yuba City, CA 95991  
530-751-5166

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WWW.YubaCitySpa.net

# Fall SPA THERAPY NEWS

## Menopause Alternative Therapy

by Jennifer Nagy-Cordray



This topic is near and dear to my heart. I had a total abdominal hysterectomy in my 20's, and fear I have been hovering over perimenopause for 30 years. Controlling my symptoms for a good 15 years with high dose estrogen was my therapy before I looked for alternative options. In the late 1980's, when estrogen was reported in playing a critical role in the genesis of cervical cancer, I was taken off by estrogen in a New York minute by my physician and the fun began. Hot flashes, night sweats, mood swings, cravings for sweets, vaginal dryness, and even insomnia. Since a rational mind understands you can't continue like this AND keep your sanity, my research began. Complementary and alternative therapies for menopause are medical treatments were and are considered non-traditional. They include dietary and herbal supplements, acupuncture, chiropractic, massage therapy, biofeedback, homeopathy, and eating certain foods that are thought to prevent disease or heal.

Alternative treatments are often used alone, while complimentary treatments are alternative treatments that are used in combination with traditional treatments, such as drug treatments or surgery.

My research indicated women going through menopause found relief from their symptoms if they include botanicals such as phytoestrogens in their diet. There are also other nutritional supplements that may relieve menopausal symptoms such as black cohosh and flaxseed. Phytoestrogens are safe in that they have only 1/400th the power of estrogen. Yet they compete with "exogenous" estrogens (estrogen like hormones in meat) and xeno-estrogens, (as in petrochemical pollutants) from occupying estrogen receptor sites, and thereby preventing these "bad" estrogens from causing trouble.

Consider a good adrenal herbal and/or glandular supplement if the botanicals mentioned above are not

enough to eliminate menopausal related problems naturally without estrogen. (The adrenals continue to make estrogen after menopause.)

### *What Are Botanicals?*

Botanicals are medicines that are derived from plants. They have been used for centuries by "folk healers" and are the foundation for nearly half of prescription drugs used today. Botanicals in the form of herbs and nutritional supplements make up a large part of alternative therapies.

### *Can Botanicals Relieve Menopausal Symptoms?*

Some botanicals, such as phytoestrogens, may help relieve menopause symptoms. Phytoestrogens are substances found in plant-based foods that are thought to have weak estrogen-like effects. They may work in the body like a weak form of estrogen. Some may help lower cholesterol levels and have been suggested to relieve hot flashes and night sweats. Examples of plant estrogens include isoflavones. Isoflavones can be found in foods such as soy products (tofu, soymilk, soybeans).

Black cohosh is a botanical that is widely available. The North American Menopause Society reports that black cohosh may be helpful in the very short term (6 months or less) for treatment of hot flashes, night sweats, and vaginal dryness.

Evening primrose oil is another botanical that is often used to treat hot flashes.

Flaxseed is an edible seed that contains lignans, another class of phytoestrogens. Flaxseed is thought to decrease the symptoms of menopause, particularly hot flashes. In

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addition, some studies show that flaxseed may lower breast cancer risk in women. Also known as linseed, flaxseed is available in whole seed, ground up meal and seed oil forms. However, only the crushed or ground forms of flaxseed contain lignans that your body can digest.

Dong quai is another botanical that is touted to relieve menopause symptoms such as hot flashes and night sweats and has been used in traditional Chinese medicine for over 2,000 years. There is little scientific evidence to support this claim, however, and more studies are needed to determine its effectiveness.

There are many other herbal supplements which may reduce symptoms of menopause; fish oil, omega-3 fatty acids, red clover, ginseng, rice bran oil, wild yam, calcium, gotu kola, licorice root, sage, sarsaparilla, passion flower, chaste berry, ginkgo biloba, and valerian root, to name a few.

It should be noted that there is a lack of standardization in the production of these alternative therapies which may result in an over or under dosage.

Because little is known about many botanicals, the best way to evaluate their safety and effectiveness is to become an educated consumer. Here are some tips to consider when shopping for alternative therapies.

Ask yourself the following questions about alternative therapies:

- What is the treatment?
- What does it involve?
- How does it work?
- Why does it work?
- Are there any risks?
- What are the side effects?
- Is it effective? (Ask for evidence or proof)
- How much does it cost?

Once you answer these questions, discuss the therapy with your doctor. Make sure your doctor knows what therapy you are considering in order to discuss possible interactions or side effects with your current treatment. Your doctor can also provide you with information on other people who may have tried the same therapy.

#### Stages of Menopause

Because the process takes place over years, menopause is commonly divided into the following two stages:

1. *Perimenopause* - This is the time a woman begins experiencing menopausal signs and symptoms, even though she is still ovulating. During this normal process of four years or more, hormone levels rise and fall unevenly.
2. *Postmenopause* - Once 12 months have passed since a woman's last period, she has reached menopause. The

ovaries produce much less estrogen and progesterone, and they don't release eggs. The years that follow are called postmenopause.

Massage therapy has the unique ability to improve many of these symptoms without the side effects of western medicine's pharmaceutical solutions.

#### Massage Therapy

While many consider menopause to be a right of passage, each woman must cope with its physical and emotional manifestations. Bodyworkers are in an ideal position to listen to their clients during this change, present relevant facts they have learned and offer a supportive and nurturing touch. Bodywork has the potential to cause a release of good-feeling endorphins, alleviate headaches, reduce stress, help regulate the body's fluid balance and re-balance hormone levels. Several styles of massage therapy provide significant therapeutic value to counter menopause's hormonal shift:

- *Stress Relief Massage* - Research has demonstrated that the more stress in a woman's life, the more severe her menopausal symptoms. This modality's relaxation qualities make it a top choice to during menopause.

- *Reflexology* - Some of the points used in foot reflexology may help restore hormonal balance: kidney, adrenal gland, pituitary, brain, uterus, thyroid, heart and liver.

- *Acupressure* - Traditional Chinese Medicine views menopause as a natural decline in Kidney and Spleen energies. Acupressure to tonify these meridians can bring the client back into hormonal balance. Additionally, working on the liver meridian will enhance overall energetic flow, thus reducing stress.

While various types of alternative treatments can support a woman through her menopausal transition, few cover as many aspects of health as massage therapy. The easing of stress, reduction in fluid imbalance and the balancing of hormones as a result of regular, nurturing, massage sessions can make this natural process a positive and powerful experience for you and me. As for me, balance is the key; a combination of alternative and medical prescriptions works the best. I use vagifem, which is a low dose estrogen vaginal suppository, a topical wild yam cream, and a herbal supplement called Balance, which contains Dong Quai, Serenoa Serrulata, Wild Yam Extract, Raspberry Leaf, Damiana, Licorice Root, Black Cohosh, Passion Flower, Cramp Bark, Blessed Thistle, Motherwort, Parsley, Kava Kava. These ingredients work well to counteract the effects of age and lifestyle on the immune system, organs and glands. All part of my personal health and wellness plan. END

# Music Therapy

by Jeff Weber, C.M.T.



Sacred sounds, whether as prayer, music, song, incantation, or chant, have always been considered a direct link between humanity and the divine. Have you ever wondered why after listening to Mozart you get tired? Or why after listening to Madonna you want to get up and dance. The reason for this is the way that music impacts us physically, mentally, emotionally, and sometimes even spiritually. What about the music that is played at Spa Therapy Wellness Center? Do you hear the subtle sounds of the music that surround you? Do you feel relaxed? Our music is designed to enhance your experience, mentally and physically. Many of our clients have asked; who is the composer? Where can I find this beautiful angelic music? And how can I have that at my home to further enhance my well-being?

The sounds that you hear while enjoying your treatment at Spa Therapy are designed to enhance your experience. Although we are not *Music Therapists* we can still use our knowledge of the healing properties of sound. When you enter our Wellness Center you may hear piano, violin or a compilation of worldly instruments, we have meticulously organized in a repertoire that we are sure will take you to another place. Some of the beautiful music includes the works by; David Sun, Fridrick Karlsson, David Lanz, Ancient Winds, Native Flutes and David Lord.

Music or sound therapy is the clinical and scientifically proven method of using sound to heal ourselves. This is accomplished by assessing emotional well-being, physical health, social functioning, communication abilities, and cognitive skills through musical responses.

The aforementioned activities are used by general hospitals to help alleviate pain in conjunction with anesthesia and pain medication. Music therapy is also used to elevate the moods of patients as well as counteracting depression. Music has been proven to calm, sedate and induce sleep; as well as lessening muscle tension for the purpose of relaxation.

You might ask how music therapy works. The most important healing principle of sound and music is resonance. Resonance “designates the ability of a vibration to reach out through vibration waves to set off a similar vibration in another body.” For example, if you take a tuning fork keyed to the tone of middle C and a piano; strike the tuning fork and lift the lid on the piano,

the middle C piano wire will also be vibrating. Therefore, any sound produced causes an energy exchange between objects.

Music Therapy is an established healthcare profession that uses music to address physical, emotional, cognitive, and social needs of individuals of all ages. Music therapy improves the quality of life for persons who are well and meets the needs of children and adults with disabilities or illnesses. Music therapy interventions can be designed to:

- Promote wellness
- Manage stress
- Alleviate pain
- Express feelings
- Enhance memory
- Improve communication
- Promotes physical rehabilitation.



Music therapy is an interpersonal process in which the therapist uses music and all of its facets—physical, emotional, mental, social, aesthetic, and spiritual—to help clients to improve or maintain their health. In some instances, the client's needs are addressed directly through music; in others they are addressed through the relationships that develop between the client and therapist. Music therapy is used with individuals of all ages and with a variety of conditions, including:

- Psychiatric disorders
- Muscle tension
- Medical problems
- Physical handicaps
- Sensory impairment
- Developmental disabilities
- Substance abuse
- Communication disorders



It is also used to: improve learning, build self-esteem, reduce stress, support physical exercise, and facilitate a host of other health-related activities.

There is Music therapists found in nearly every area of the helping professions. Some commonly found practices include developmental work (communication, motor skills, etc.) with individuals with special needs, songwriting and listening in reminiscence/orientation work with the elderly, processing and relaxation work, and rhythmic entrainment for physical rehabilitation in stroke victims.

Music and therapy are considered one of the most expressive alternative therapies available for your complete wellness program. At Spa Therapy Wellness Center our music will enhance your experience. Spa Therapy Wellness Center encourages you to come, relax, and enjoy all aspects

of your sensations as our music is an integral part of our treatment plan for you. We are dedicated to providing you with relaxing, energizing and beautiful sounds of life.

To experience this joyful combination of therapy and music we invite you to come, relax and enjoy our peaceful music selection as you let yourself go and become one with the universal sound of music.

If you would like to know more about the music available at Spa Therapy Wellness Center contact our Spa Coordinators Kathleen or LaJina and they will be more than happy to help you in your path to musical wellness.

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## Green Cleaning

by *Audrey Mc Creedy*  
*Skin Care Therapist*  
*Massage Therapist*



When the bathroom starts to look grubby and you pull out all the conventional brushes, sponges, sprays and bleach and start scrubbing, you expose yourself to hundreds of chemicals that have known, and possibly unknown, toxic effects.

"Green" cleaning products claim to offer safer alternatives for humans and the planet, but at a higher price. So what's an environmentally conscious germophobe to do?

When it comes to humans, the use of any one cleaning product—green or conventional—in small amounts and with proper ventilation probably won't make you sick, says Tom Natan, a chemical engineer with the non-profit National Environmental Trust.

The problem is that most people use more than one cleaning product per room—there are many different "specialized" cleaning products for cleaning every area of a kitchen or bathroom. The repeated exposures to the chemicals in all of these products can add up.

"We are exposed, in the process of cleaning our homes, to more than the manufacturers projected," Natan said. "You get the sum total together, and you've got to

wonder, why are you using these things?"

And not only is it unhealthy for us to be exposed to, it's also harming the overall health of the planet.

### 'Dirty' cleaning ingredients

Certain chemicals commonly found in conventional cleaning products present known or suspected problems for the people that use them and the environment once washed down the drain.

Volatile organic compounds, used to enhance the performance of a product, can impair neurological functions, while other chemicals can act as respiratory irritants, carcinogens or reproductive toxins, depending upon the extent of exposure, according to the National Environmental Trust and other environmental groups.

Phosphates can deplete rivers and other bodies of water of oxygen and decrease water quality.

There is little regulation of cleaning chemicals, and there are virtually no labeling requirements to let people know what they are exposing themselves and the planet to. Companies select ingredients for cleaning products to enhance their performance, but "a lot of the chemicals, we simply don't know anything about," Natan said.

For example, phthalates, which are suspected to have adverse hormonal effects, help distribute dyes and fragrances and act as plasticizers. Other chemicals are used to keep a product stable on the shelf, while others, such as glycols, act like anti-freeze. Still other chemicals could simply be impurities left over from the manufacturing process.

With some 80,000 chemicals in common use, there are still some that could have as-yet unknown toxic effects.

There is not enough information on the health effects of the chemicals used in green products to know whether they are truly better for the health of humans, Natan said.

"I think as a general rule, people who are avoiding these very toxic chemicals are going to be healthier," he said.

Given the lack of firm data and reliable studies on many chemicals, however, the choice between conventional and green cleaning products may for many people be based on politics and sentiments more than health.

### 'Green' cleaners

In response to these issues of uncertain exposures, companies such as Method and Seventh Generation say they take care to exclude chemicals with known or suspected toxicities.

Method has a "dirty list" of chemicals it refuses to use in its products. Seventh Generation restricts many of the

same products but, with the exception of phosphates and chlorine, does not have a specific "banned chemicals" list. According to Martin Wolf, director of product and environmental technology for Seventh Generation, company guidelines specify that ingredients in their products cannot be toxic to the user either immediately or when used over time and that they cannot contribute to environmental problems such as global warming, ozone layer depletion, or water or air pollution.

### Should you go green?

Though their ingredients may be more environmentally friendly, green cleaners come with some trade-offs: They're more expensive and may require more elbow grease to achieve the same level of visual cleanliness.

The only conventional cleansers that green products can't completely match in terms of strength are those that contain chlorine, such as bleach. In those cases, the green cleaners take a little more scrubbing but can get the job done.

The kicker: You don't really need any chemicals to clean, said Natan, of the National Environmental Trust. "These chemicals make cleaning easier, but they don't make cleaning any better."

The largely American tendency towards germaphobia has partly been fueled by advertising that promotes disinfecting cleaners that eradicate all bacteria in sight as the best way to protect your family from germs.

To clean your house, all you really need is some baking soda and vinegar. For instance, a little vinegar rubbed onto glass with a wad of crumpled newsprint will give you a streak-free shine on window panes. No glass-specific cleanser needed.

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## Insurance Coverage For Medical Massage

by *Kathleen Watson*  
*Senior Spa Coordinator*



Current research has proven that massage therapy treatments benefit people for many different conditions both physical and emotional. As a result many health insurances are now covering medical massage therapy. There is a great difference between having a massage from a regular spa or salon and having a medical massage with us. With a medical massage you can expect recovery as well as relaxation. Home care stretching and

exercises are customized specific to your needs to continue the healing process between treatments. In order to give medical massage treatments you have to be licensed and certified. We went through an extensive process to be certified. Our credentials were researched thoroughly and the agency came to evaluate our facility.

Insurance companies and some employers are also offering wellness programs that allow you to seek alternative medical treatments. Be sure to check with your human resources department for information regarding the wellness programs that could be available to you. Insurance plans are updated annually and covered services are added. If you do not have this access to this benefit, don't give up! Spa Therapy is contracted and accredited by a company called American Specialty Health that works with many insurance groups. American Specialty Health is a leading personal health improvement organization that provides wellness/health coaching, fitness programs, and specialty managed care to health plans, insurance carriers, employer groups, and trust funds nationwide. This company allows members of insurance groups to receive discounts on services up to **25%**. In order to verify your benefits for massage therapy all you need to do is bring in a copy of your insurance card and I will be happy to check for you. In some cases, orders from your doctor are not necessary for coverage or discounts.

We also treat many patients who have trauma from accidents. In the case of an auto accident, services are completely covered by auto insurance companies. If you have had an injury at work, we handle billing with worker's compensation to cover the cost.

Getting set up for your appointment is easy too. Coverage is pre-authorized so we can tell you what you would expect to pay at the time of your first visit. We have already established a referral form that we can send to your doctor for you. Once we receive the orders back we will work around your schedule to book your medical massage. To keep you well informed regarding information about your file, it is best to give a telephone number that we can leave messages for you. We do offer documentation for all medical massage treatment. As an example, your physician will order your therapy for 4-6 weeks. A written report is forwarded to your doctor after the first treatment, a second report is submitted in the middle of your treatments, and a final report will be submitted following the last treatment ordered. You physician will then meet with you to discuss the results, usually, you can continue if the treatment is still necessary for your complete recovery. Though coverage is always pre-authorized, like other specialist, there may be charges you are responsible for.

END

## Bio of a Massage Therapist

By Rene Geerdes  
Registered Massage Therapist



My name is Rene Geerdes. Originally from St. Paul MN, I just moved to Grass Valley. (very beautiful). I received education at the Aveda Institute of Massage and Bodywork nine years ago. Strengths include Deep Tissue, Reflexology and currently working along side Jennifer Nagy, owner of Spa Therapy in Medical Massage.

With the modalities of massage learned and continued education, it's for those stricken with chronic condition that have been the driving force for this career choice. To provide an ounce of pain relief, or a fraction of mobility to an individual who was told "They will have to live with the pain" gets me out of bed. As you will read, if my parents had believed that for one second, then typing this letter would have been almost impossible. I was diagnosed with Juvenile Rheumatoid Arthritis just before entering 2nd grade. In a nut shell, imagine if you will, a wild tomboyish girl trying to best her big brothers; whether trying to be a stealthy hunter, fastest swimmer or catching the biggest fish. Then you wake up one morning, bent out of shape like a broken marionette, fingers resembling crow's feet, and wondering if a Semi parked on your back. What the hey!

I went to bed dreaming of becoming a star athlete and woke up as Grandma Geerdes, (minus the white hair and the desire to carry chicklets in my purse).

Not until Junior High did I begin researching RA; coming to a conclusion that a chronic disorder needed more than 12 Naprosen a day to relieve the symptoms. And up to this point it became clear what WAS relieving the symptoms were the little therapy's Mom administrated. Whether that be a hand massage to relieve the cramps or her famous slow rhythmic back rubs that were plan soothing during a flare up. Greatly preferred over the constant stomach aches and bloating which were onsets from the medication. You have to understand, most individuals faced with a chronic disorder are plagued with unanswered questions, and it becomes frustrating that Doctors are as perplexed. So through hours of research, tossing the pills, following suggested diets from various alternative treatments, working out, stretching, meditation, massage and ALOT of prayer the symptoms actually reversed! There is a loss of words to describe getting ones youth back.

Every single day of running, dancing, or using my once crippled hands to massage is an absolute amazing gift. I

am living proof that sometimes alternative treatments are more beneficial than popping pills.

So as you can imagine, massage therapy and wellness practices are "mountain moving" treatments.

Now years later, it's wonderful the medical field, massage and nutritional counseling are therapies working side-by-side. (A little of everything goes a long ways!!!)

It's an honor and privilege working with a team of professional therapists at Spa Therapy, who share a vision is long term healthcare.

Thank you for letting me share a part of my story.  
Can't wait to meet all you "Yuba-citizens"! GOOD HEALTH TO YOU!

## Great Day Granola



*Whether you munch on it, eat it for breakfast or give it as a gift, this is one AWESOME granola recipe. I have personally made it for our team here at the Wellness Center and have had rave reviews*

- 1 lbs. Quick oats
- ½ lbs. Sunflower seeds
- ½ lbs. Shredded coconut
- ½ lbs. Sliced almonds
- ½ lbs. Walnut pieces
- ½ lbs. Pecan pieces
- ½ cup wheat germ
- 1 ½ cup Maple syrup
- 1 cup Honey
- 1/8 cup Cinnamon
- ¼ lbs. Melted butter
- ¼ lbs. Brown sugar
- ¼ cup vanilla extract
- ½ lbs. Raisins
- ½ lbs. dried cranberries
- ½ lbs. Dried, chopped apricots
- ¼ lbs. Banana chips



Combine all dry ingredients in a large bowl. Mix together honey, maple syrup, cinnamon, butter, brown sugar and vanilla. Add honey mixture to dry mixture and mix well. Divide onto four greased baking sheets and bake at 275 degrees for two hours or until desired color is reached. Let granola cool thoroughly. Break granola into pieces and add remaining ingredients (raisins through banana chips). Store granola in a cool, dry place.

# CORNS & CALLUSES

by Erica Charley, Nail Tech



You can have the strength of Hercules and the wits of Zeus, but if your feet hurt, you've got Achilles' heel. Indeed, painful corns and calluses can sweep you right off your feet-the hard way.

These ugly little bumps and lumps are a veritable trash heap of discarded-but hardly forgotten dead skin cells, the result of friction and irritation between your feet and your shoes or even between adjacent bones on the same foot.

"Calluses are your body's way of protecting you from Pressure", says a podiatrist from Bethlehem, Pennsylvania. "When the pressure gets extreme, the callus gets thicker and thicker. If it develops a hard core, it becomes a corn. Soft corns, which form between toes and remain soft from perspiration happens when two bones from adjacent toes become over friendly. The skin between them thickens in an attempt to protect you from the constant pressure."

"If you get painful corns on your toes, it's like having a bad toothache.

## STAY AWAY FROM SHARP INSTRUMENTS

Don't play surgeon. Resist the temptation to pare down corns and calluses with razor blades, scissors, or other sharp instruments.

It can lead to infections and worse. And diabetics should never treat their own foot problems.

## ENJOY A GOOD SOAK

"Your corn pain may be coming from a bursa, a fluid-filled sac that becomes inflamed and enlarged at the site between the bone and the corn, for temporary relief of the pain, soak your feet in a solution of Epsom Salt and warm water. This will diminish the size of the bursa sac and take some pressure off the nearby sensory nerves. But be aware that if you put your feet back into tight shoes, the bursa will soon swell up again to its painful size.

## BE A LITTLE ABRASIVE

Soak in comfortably hot water for several minutes. Use a callus file or pumice stone to lightly abrade the area and rub off the top layers of skin. Finish by applying our *BiON Glycolic Hand & Foot Cream*, designed to peel and dissolve hard skin. If you have bad calluses, make this part of your daily routine after showering or bathing.

Do not use abrasive action on hard corn, because that will make the area very tender and more painful than it was before.

## GIVE'EM SPACE

Because soft corns are caused by bones from two adjacent toes rubbing together you need to put something soft there to separate the toes. You can buy toe separators or toe spacers, which are simply little pieces of foam that you place between the toes.

## BE WELL-HEELED

"I see a lot of problems in women because of high heels". To avoid problems, wear well-fitting shoes that don't have exceptionally high heels. Men aren't too much of a problem. With women I recommend mid-height heels rather than high ones for work. Look for ones with extra cushioning in the forefoot area, or have your shoemaker put extra foam cushioning there. And if you have bad calluses on the backs of your heels, avoid open-backed shoes until the area heals.



*Visit me in our private room for mani's & pedi's. I can offer you service that are unique and use advanced technology, as in micro-dermabrasion pedicures, reflexology-pedicures, and foot detoxification for your total body health.*



## New Spa Therapy Treatment: Foot Detox The "Why and How"

Due to increasing population and industrial waste, our environment is suffering like never before. Air and water pollution is everywhere you go. Almost everything you put in your mouth and inhale through your nose has some component of chemicals which can be harmful to our health.

The immune system and your bodily functions can no longer operate at their peak because of the chemicals and wastes that each of us ingest through our nostrils or mouths, it is not surprising that there is a rise in incidences of cancer, diabetes and strains of different lethal viruses, such as the bird flu virus.

There are many things you can do to help your body regain its health and vitality. An important first step to a healthy body and mind is detoxification, the process by which you eliminate wastes, chemicals, allergens and toxins out of your body.

Our bodies naturally detoxify through the liver and kidneys, but our bodies were never designed to manage the toxic load in today's environment. Our Foot Detox Treatment will stimulate your own body's regenerative process for prevention and healing.

Utilizing micro-current technology, your body is completing an electrical circuit where a small current, too low for you to feel, is passed through your body stimulating and creating an energizing and refreshing effect. This process helps balance the positive and negative ions in your body, effectively balancing blood Ph. Waste then passes out of the body through the very large pores found on the skin of the feet. Coincidentally, the largest sweat glands in the body are located in the feet. It is as if nature has equipped us with a mechanism for detoxifying through the feet where gravity causes harmful substances to settle and accumulate.

The research indicates this micro-current process will benefit those who suffer from Migraines, Hypertension, Edema, Depression, Fatigue, Psoriasis, Eczema, Arthritis, Asthma, IBS, PMS, ME, MS, Diabetes, Gout, Acne. In addition, reported improvements in: Sleep pattern, Skin texture, General metabolism, Liver & kidney function, Alertness, Hair condition, Blood Sugar, Acidity Levels, Blood Pressure, Cholesterol Levels, Thyroid Imbalance.

***We have had amazing results!  
Improve your wellness in 30 minutes!***

### **New Gift Offer...**

**Buy a Gift Certificate – Retail 10%**

**Redeem a Gift Certificate – Retail 10%**



## PRESS ROOM SPECIALS

### ➤ **NEW Spa Therapy on Facebook**

*Look for specials from our professional staff posted on Saturdays for the next week.!*

*Links will get you to our retail and services specials for the month!*

*Send me your thoughts & suggestions,  
I will read them & respond.*

### ➤ **Mark Your Calendar..... Art & Wine 3<sup>rd</sup> Quarter Social featuring oil paintings by Richard Mills**

*Special Price for all art on  
September 25<sup>th</sup>, 5:30pm-7pm  
Complimentary Wine & Hors d'œuvre from our  
private party menu by Chef Jeff Weber*

### ➤ **'Fall Harvest' Aromatherapy Blend Now Available in Soap & Linen Spray**

### ➤ **New Professional Staff Added for More Coverage**

*We will meet your needs and offer you private parties,  
double treatments, same day, and walk-in service  
until 8pm Tuesday-Saturday*

### ➤ **New offer for Private Parties**

*Schedule 2 hours of treatments & receive  
complimentary steam and hydrotherapy spa for all!*

### ➤ **Fall is for Harvest Festival, Sikh Parade, Holidays Gatherings, and Christmas Stroll, to name a few.**

*Look for Seasonal Specials, and our  
December Art & Wine Social on our Event  
Calendar at [www.YubaCitySpa.net](http://www.YubaCitySpa.net)*